



MASSAGE MENU - Ambler

Prices: 30 mins **\$45** / 60 mins **\$80** / 75 mins **\$100** / 90 mins **\$120**

Swedish / Deep Tissue / Sports / Trigger Point / Myofascial Release

A therapeutic massage tailored to fit YOUR specific needs. You and the therapist will discuss what is best for you. It can include any or all of the above modalities and techniques necessary to address your needs. Choose between light, medium or firm pressure, and either targeted areas or the whole body.

Prenatal *60 mins available ONLY

Nurturing massage that focuses on the special needs of mothers-to-be during pregnancy. Decreases stress, reduces swelling, and relieves aches and pains. *Massage is performed in side-lying position.

Oncology *60 mins available ONLY ** with Heidi

A modified therapeutic massage to safely work with the effects of cancer, whether it's during or after cancer treatments. Massage is adapted to the unique needs of each client.

Foot Reflexology *30 mins available ONLY ** with Heidi

Pressure specifically applied on the feet to release blockages along the energy pathways throughout the whole body. Can improve digestion, circulation, and tension. Helps restore balance and total well being.

Massage Add-Ons:

Cupping Therapy *30 to 60 mins (add \$10) - OR - 75 to 90 mins (add \$15) ** with Heidi

Suction-creating cups are used on the skin to apply negative pressure. This dispels stagnation, increases blood flow to the tissues, alleviates pain, reduces inflammation and assists the lymphatic system.

Hot Stone *60 mins (add \$10) - OR - 75 - 90 mins (add \$15)

A truly peaceful and calming massage with the addition of heated Basalt stones to enhance relaxation and penetrate deeper into the muscles to help alleviate chronic pain. Enjoyable any time of the year.

Himalayan Salt Stone *60 mins (add \$10) - OR 75 - 90 mins (add \$15) ** with Heidi

An extremely beneficial massage with the addition of Heated Himalayan salt stones. The stones naturally contain 84 minerals and salts to help nourish the skin, reduce inflammation, and assists to alkalize the body.

Raindrop Technique Treatment *75 mins (add \$40) ** with Heidi

This unique treatment combines massage and reflexology with the art of aromatherapy using the application of therapeutic essential oils to the neck, back, and feet and the use of heat.

Castor Oil Pack Treatment *60, 75 or 90 mins (add \$25 New / \$20 Follow Ups) ** with Heidi

This amazing healing oil treatment can be added to a massage to boost immunity and assist the body with many different ailments. Pack will be left on between 45-75 mins, with heat. *Your pack can be reused a few times.