



MASSAGE MENU - Center City

Relaxing Swedish 30 minutes: \$45 | 60 minutes: \$90 | 90 minutes: \$125

Long flowing strokes to soothe sore muscles, increase circulation and relieve everyday aches and pains. Light to medium pressure, full body. Promotes relaxation.

Deep Tissue/Sports Massage 30 minutes: \$50 | 60 minutes: \$90 | 90 minutes: \$125

Penetrates deep into the muscles to release tight areas that may cause chronic pain, stiffness and irritation. Medium to firm pressure, full body or focus areas. Increases mobility and range of motion.

Hot Stone 60 minutes: \$100 | 90 minutes: \$135

Swedish with the addition of heated stones to enhance relaxation and penetrate deeper into muscles to help alleviate chronic pain.

Prenatal 60 minutes: \$100

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.

Mu-Xing 60 minutes: \$100 | 90 minutes: \$155

A treatment using warm bamboo and rosewood tools to perform deep tissue massage. The therapist uses Mu-Xing instruments of different shapes and sizes to apply a variety of massage strokes which address ischemic tissue to promote a deep sense of overall well being and relaxation.

TMJ 30 minutes: \$55

Specialized myofascial techniques specifically focused on relieving TMJ symptoms. Includes massaging specific muscles in the head, neck and inside the mouth.

Manual Lymphatic Drainage

Initial Appointment (includes consult): 75 minutes \$135

Follow Up Appointments: 60 minutes \$110

Packages: \$500 for 5 -OR- \$950 for 10

A gentle technique of using light pressure and rhythmic pumping directed at the delicate lymph vessels just below the skin to increase lymph flow and promote drainage. Extremely effective in "awakening" the lymphatic system.

Massage Add-Ons:

Aromatherapy: \$10

Scalp Massage: \$10

Cupping: \$20

Cupping therapy is an ancient form of alternative medicine in which a therapist puts special cups on your skin for a few minutes to create suction. Cupping has many purposes such as helping to reduce pain and inflammation, increase blood flow and flexibility, as well as cultivates tissue nourishment, relaxation and well-being. Cupping is a type of deep-tissue release.

***All massages can be purchased in a package of 5 to reduce cost by 10%, or 10 to reduce cost by 15%.**