

MASSAGE

& Bodywork



Customized Therapeutic Massage

Neck & Shoulder Release

Low Back & Hip Release

Cupping Therapy

Prenatal & Postpartum Massage

Digestive Balancing

Reproductive Balancing

Mental & Emotional Release

CONTACT US

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Signature Services

DELUXE INTEGRATIVE BODYWORK

60 MIN \$135 | 90 MIN \$165 | 120 MIN \$195

Integrative massage is tailored to the clients individual needs. This type of bodywork may include reflexology, deep tissue, aroma therapy, and stretching. Releasing restrictions within the deeper connective tissue layers allowing for increase range of motion, increasing mobility, promoting deep relaxation, and decreasing pain.

PRENATAL & POSTPARTUM

60 MIN \$115 | 90 MIN \$165

For moms-to-be and new moms. Specific attention is paid to the changes that pregnancy, birth, carrying an infant, and feeding can bring about. Your therapist will provide a customized massage for your specific needs. This soothing massage will increase circulation, alleviate tired muscles, improve skin elasticity and reduce water retention. Extra measures are taken to ensure comfort and safety for mom and baby.



CUPPING THERAPY

30 MIN \$65

This treatment involves placing suction cups on the body to create negative pressure (pulling rather than pushing). The suction facilitates a release in the connective tissue surrounding the muscles allowing for improved circulation, lymphatic flow, and reduction of pain.

THERAPEUTIC MASSAGE

30 MIN \$75 | 90 MIN \$105

Traditional Swedish deep tissue massage. This massage incorporates functional range of motion stretching, neuromuscular and trigger point therapy in order to target muscular dysfunction and compensation patterns. This style of massage is appropriate for treating chronic pain, strains and sport injuries.

DIGESTIVE & REPRODUCTIVE BALANCING

90 MIN \$165



Castor oil packs, craniosacral therapy, reflexology, and abdominal massage are used to restore balance to the digestive systems. This can prove to be beneficial for those dealing with digestive issues, PCOS, fibroids, infertility, irregular menstruation and more.

Call today to book! (954) 434-1800