



# Massage MENU

## MASSAGE STYLES

- Swedish
- Deep Tissue
- Neuro-muscular
- Trigger Point
- Energy
- Chair

## LENGTH OF MASSAGE

- 60 Min \$100
- 90 Min \$130
- 120 Min \$175
- 30 Min Chair Massage \$40

## ADD ONS

- **Cupping**
  - **FREE FOR MEMBERS and \$10 NON MEMBERS**
  - Includes gliding silicone cups, either used with massage strokes or alone at trigger points, to provide a relaxing and relieving experience
- **Hot Stones**
  - Only available for Massages 90min+
  - **\$10 add on for members and \$20 for non members**
  - Relaxing experience using stationary stones on each palm, foot, and along your spine, arms, legs, and between your toes
  - Please inform therapist ahead of time by calling, texting, or making a note in booking link
- **Energy Focus**
  - **\$10 add on for members and \$20 for non members**
  - Working knowledge of your body's chakra system and the subtle messages the soul sends as impairments in the body. This can be hands on or off and incorporated into other styles of massage
  - **\*\*Energy focus work can be very intensive. please schedule a free consult to ensure you are a good candidate for modality\*\***



# Descriptions

- **SWEDISH (MOST COMMON)**

Often referred to as “spa massage”. You can expect a range of pressure depending on your personal needs and a variety of different strokes. The general focus of this style of massage is on relaxation.

- **DEEP TISSUE**

You can expect to start with a relaxing warm up of the layers of superficial muscles and fascia through Swedish techniques. When the superficial layers have released tension, your therapist can begin to access the muscles underneath with deeper pressure.

- **NEUROMUSCULAR**

Similar to deep tissue; neuromuscular is a cumulative approach that incorporates many styles. You can expect a slightly deeper pressure that makes this massage for intensive than relaxing.

- **TRIGGER POINT**

An extremely intensive form of massage. Often incorporated into a deep tissue or neuromuscular massage. Your therapist will locate a palpable nodule of tension in your muscle belly, and apply an amount of pressure that will verge on your personal threshold of pain (without crossing it), until the knot begins to loosen.

- *Tip is included in price, but please feel free to add additional if preferred via Venmo*
- *Add ons will be paid to your massage therapist directly via Venmo at the time of service*