

Services & Pricing

RELAXATION TREATMENTS

45 MINUTES - \$50

60 MINUTES - \$60

90 MINUTES - \$80

Swedish Massage - A classic relaxation massage with the use of oil or lotion and incorporating long soothing strokes. Swedish massage improves circulation, helps relieve pain and tension, and reduces stress and anxiety.

Traditional Thai Massage - A yoga like modality using slow, rhythmic stretching and palm pressing along the body. Traditionally done clothed and on a soft floor mat, Thai massage reduces stress, promotes deep relaxation and increases energy flow. Great for those looking for improved flexibility and range of motion.

Western and Eastern Massage - A soothing blend of different western and eastern modalities to increase body awareness and promote deep relaxation. This blend uses meditative Thai stretching, long flowing Swedish strokes and wave like undulations for a blissful and harmonious experience.

WELLNESS TREATMENTS

SESSIONS RANGE FROM 60-90 MINUTES.

Structural Integration - Based on the work of Dr. Ida Rolf's systematic 10-series Rolfing sessions, structural integration uses slow, deep compressions to uncover holding patterns that limit movement and helps to relieve chronic pain that may stem from postural distortions, old injuries, previous surgeries, or other complications.

Structural Integration is optimally received over 10 sessions in order to address the body as a whole. Shorter sessions are available and is evaluated on a case-by-case basis. Call for more details.

Individual sessions: \$80

10 Series Package: \$700 (save \$100)

Neuromuscular Therapy - NMT uses anatomically specific cross-fiber techniques, trigger point therapy and myofascial release to relieve chronic musculoskeletal pain and promote recovery in damaged tissue.

Each Session: \$60