

Massage Services

DEEP TISSUE

Release the chronic patterns tension in the body through slow strokes and deep finger pressure on the contracted areas, either following or going across the grains of muscles, tendons, and fascia. Focusing on the deeper layer of muscle tissue

FASCIAL ACUPRESSURE

Many meridians and reflex zones run through the face. Fascial acupressure targets specific point remedies reduces pain due to TMJ, headaches, and eye strain from computer fatigue

FACIAL

Stimulating pressure points on the face, neck, and shoulders. Promoting healthy skin while relaxing facial muscles

PRENATAL MASSAGE

Assist psychological, emotional, and physical changes that incur during the 9 months of pregnancy for mothers-to-be. It relaxes and tones muscles, improves skin tone and circulation, stimulates the Lymphatic System, and prepares the body for child birth

REFLEXOLOGY

Massage based around a system of reflex points in the hands and feet that correspond to all areas of the body.

SHIATSU

Oriental-based systems of finger pressure which treats special points along acupuncture "meridians" (the invisible channels of energy flow in the body).

REIKI

Stimulating pressure points on the face, neck, and shoulders. Promoting healthy skin while relaxing facial muscles.

SPORTS MASSAGE

Massage focusing on muscle systems relevant to a particular sport.

SWEDISH MASSAGE

A system of long strokes, kneading and friction techniques on the more superficial layer of the muscles, combined with active and passive movements of the joints.

TRIGGER POINT THERAPY

Myotherapy/Neuromuscular Therapy
Applies concentrated finger pressure to "trigger" points (painful irritated areas in muscles) to break cycles of spasms and pain.

THERAPEUTIC

Mobilization of soft tissue to restore normal systemic and bio mechanical of functional use. (Muscle, fascia, and body fluid)

THAI

A traditional combination of compression, acupressure, and passive stretching. These can increase the range of motion in joints and muscles, as well as improve posture

MASSAGE RATES

\$30 - 30 Minutes (Special Request)

\$45 - 60 Minutes

\$60 - 75 Minutes

\$75 - 90 Minutes

\$90 - 120 Minutes (Special Request)