

Massage Therapy



30 Minutes ~ \$55.00

60 Minutes ~ \$85.00

90 Minutes ~ \$125.00

Massage Session

- Swedish
- Deep Tissues
- Myofascial Release
- Customized

Physical and Emotional Benefits

1. Relaxes the body and calms the nervous system ~ lowers blood pressure and reduce heart rate ~ slows respiration
2. Stretches connective tissue ~ reduces chronic pain ~ relieves tired and achy muscles ~ improves muscle tone ~ speeds recovery from injury ~ decreases muscle deterioration ~ increases range of motion
3. Reduces tension headaches ~ increases tissues metabolism ~ improves red blood cell count
4. Increases lymph flow and circulation ~ speed elimination of metabolic waste ~ strengthens the immune system ~ reduces inflammation ~ stimulates release of endorphins ~ improves skin tone
5. Reduces anxiety ~ improves mood ~ enhances self-image ~ nurtures and stimulates emotional well-being
6. Reduces mental stress ~ promotes quality sleep ~ improves mental clarity ~ increases productivity ~ induces mental relaxation