



Massage Therapy Menu

SWEDISH

Enjoy a relaxing massage with light to medium pressure. Includes hot towels, warm bamboo and aromatherapy.

DEEP TISSUE

Firm and deliberate pressure targeting specific areas of pain and tension. Includes hot towels, warm bamboo and aromatherapy.

SPORTS

Concentrates on key areas with medium to deep pressure, focuses on specific muscles only. Reduces muscle tension, aids in muscle recovery, and increases flexibility. Includes stretching, warm bamboo, heat/cold therapy, and aromatherapy.

TRIGGER POINT THERAPY*

Targets specific muscle groups to alleviate tension and tightness; it can be intense but undoubtedly beneficial.

RUNNER'S DELIGHT

Deep and intense massage that focuses only on the glutes, quads, hamstrings, IT bands, adductors, calves and feet.

REFLEXOLOGY*

Walk on air after applying varying pressure to points your feet (or hands).

PRENATAL

Available to expecting mothers after the first trimester and with doctor's approval. Gentle pressure while laying on the side delivering much needed relaxation on an ever changing body.

BODY POLISH*

Add in a revitalizing full body skin treatment by exfoliating dead skin cells with a natural scrub.

HOUSE CALLS

House calls are available as schedule permits

*These services can be combined with full body treatments.

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