

For Your Health & Well-being...

Massage began over 2000 years ago. It has origins in Indian, Japanese, Hawaiian, Chinese, and Greek cultures, among others.

The health-related benefits of massage today continue to be verified by numerous scientific studies.

Whether you're seeking general relaxation and to "de-stress", relief from tension headaches/migraine headaches, general pain relief or injury treatment, we can help. Massage has also been shown to be effective in improving circulation, lowering blood pressure, and enhancing the immune system.

To be our most effective we must recharge, we must take care of ourselves and our wellbeing.

So come away for awhile, and come back to yourself...



Through...

- Swedish Massage
- Deep Tissue
- Trigger Point Therapies
- Lymphatic Drainage
- Neuromuscular Techniques
- Sports Massage
- Hot Stone Massage
- Chair Massage
- Facials
- Body Wraps

We Provide...

- Relaxation / "De-Stressing"
- Headache Relief
- Pain Relief
- Reduced Injury Risk
- Enhanced Immune System
- Increased Attentiveness
- Blood Pressure & Circulation Issue Management



| Basic Services | General Public | Students/Seniors/Military |
|-----------------------|----------------|---------------------------|
| | Starting At... | Starting At... |
| 30-min Massage | \$44 | \$38 |
| 60-min Massage | \$65 | \$57 |
| 90-min Massage | \$85 | \$78 |
| 120-min Massage | \$140 | \$130 |
| 60-min Couples | \$143 | \$127 |
| 60-min Hot Stone | \$85 | \$77 |
| 90-min Hot Stone | \$105 | \$91 |
| 60-min Pre-Natal | \$75 | \$67 |
| Aromatherapy | \$8 | \$7.50 |
| 90-min Body Wrap | \$100 | \$90 |
| 60-min Facial | \$65 | \$57 |
| Paraffin Treatment | \$25 | \$20 |

| Popular Packages | General Public Rate | Students/Seniors/Military Rate |
|---------------------------------------|-------------------------------------------|--------------------------------|
| | 60-min Massage w/ Aromatherapy & Paraffin | \$90 |
| 60-min Massages for Mother & Daughter | \$63 | \$55 |
| Quantity (5) 60-min massages | \$315 | \$275 |
| Quantity (10) 30-min massages | \$425 | \$365 |
| 90-min Hot Stone + Paraffin Treatment | \$125 | \$104 |
| 60-min Hot Stone + Paraffin Treatment | \$105 | \$92 |
| | | |

Pricing - Massage Therapy

- 1 hour.....starting at \$65
- 1/2 hour.....starting at \$44
- 90 min.....starting at \$85

Students/Seniors/Military:

- 1 hour.....starting at \$57
- 1/2 hour.....starting at \$38
- 90 min.....starting at \$78

Chair Massage: \$1 per minute

**Call for Special Event pricing ,
Couples Massage, Hot Stone Massage,
Body Wrap, Facial Massage,
Paraffin Treatment, & Aromatherapy pricing!**

Follow us on Twitter, Google+, or Facebook for tips on improving your health and well-being, as well as timely updates about discounts etc!

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Google+:

<https://plus.google.com/108505475725520437283>

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