

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	\$135	\$125
60-min Hot Stone	\$90	\$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	Students/Seniors/Military
	Starting At...	Starting At...
60-min Massage w/ Aromatherapy & Paraffin	\$90	\$80
60-min Massage for Mother & Daughter	\$63	\$55
Quantity (5) 60-min	\$315	\$275
Quantity (10) 30-min	\$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
- 30 min.....starting at \$44
- 90 min.....starting at \$85

Students/Seniors/Military

- 1 hour.....starting at \$57
- 30 min.....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.**

OPEN 7 DAYS WITH FLEXIBLE HOURS


Walk-ins Welcome

Validated Parking

.....

Follow us on social media for tips on improving your health and well-being, as well as timely updates about discounts etc.!

 www.twitter.com/massageandwellness

 www.facebook.com/massageandwellnessEL

 www.pinterest.com/massageandwellness



Massage & Wellness

**541 E. Grand River Avenue, Suite 5
East Lansing, MI 48823
(In Campus Town Mall)**

(517) 203-1113

**www.massageandwellnessonline.com
info@massageandwellnessonline.com**

Massage began over 2000 years ago.

It has origins in Indian, Japanese, Chinese, Hawaiian, 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, enhancing the immune system, improving muscle tone, and preventing injury.

To be our most effective, we must recharge. We must take care of ourselves and our well-being.

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

