

Suzanne Marisic, LMT

Kristy DeHaven, LMT

THERAPEUTIC MASSAGE

Destress and unwind with a full body massage. Each session is uniquely customized to meet your specific needs, using one or more therapies.

60 minutes: \$85.00 90 minutes: \$120.00

SWEDISH MASSAGE

This massage uses firm but gentle pressure to promote relaxation, ease muscle tension, and creates other health benefits to allow you to slip into a calm sense of well being.

30 minutes: \$55.00 60 minutes: \$80.00

90 minutes: \$110.00

HIMALAYAN SALT STONE MASSAGE

Soothe away stress, tension and promote an increased sense of well being using warm salt stones.

30 minutes: \$60.00 60 minutes: \$100.00

BAMBOO MASSAGE (Kristy only)

Heated bamboo assists with deep relaxation while soothing your entire body. Results in a sense of whole body health and recovery from everyday stressors.

30 minutes: \$60.00 60 minutes: \$90.00

FACIAL MASSAGE

An advanced modality of massage that treats surface and deep facial tissue, acupressure points and the meridians to enable vital energy to be equally distributed to promote and maintain good health and well being. Great for sinuses.

45 minutes: \$70.00

NECK AND SHOULDER MASSAGE

Relieve your stress and tension. Great for someone who is new to massage therapy or if you don't have time for a full body massage.

30 minutes: \$50.00

PREGNANCY MASSAGE

Find relief and relaxation during all stages of your pregnancy. Prenatal massage is a gentle and nurturing way to help reduce stress and promote overall wellness during your pregnancy.

60 minutes: \$80.00

FOOT REFLEXOLOGY (Suzanne only)

Enhance your health and wellbeing by accessing the reflex points on your feet that connect to every part of the body.

30 minutes: \$50.00



Benefits Of
Massage Therapy

Reduces stress

Improves circulation

Reduces pain

Improves flexibility

Improves sleep

Enhances immunity

May also help with:

- ◆ Anxiety
- ◆ Depression
- ◆ Digestive disorders
- ◆ Fibromyalgia
- ◆ Headaches
- ◆ Cardiovascular health
- ◆ Plantar fasciitis
- ◆ Carpal tunnel
- ◆ Energy levels
- ◆ Reduce risk of injuries



SWEDISH MASSAGE

this full body modality uses light to medium pressure to the outer layers of muscle. Best used for relaxation, relief of muscle tension, and to improve circulation.

THERAPEUTIC MASSAGE

incorporates a variety of modalities that enhance the body's natural restorative functions.

SPORTS MASSAGE

enhances athletic performance, reduce risk of injury, and aids in recovery.

MYOFASCIAL RELEASE

involves applying gentle, sustained pressure into the tissue that is restricted to help eliminate pain and restore motion

CUPPING

creates suction and negative pressure to soften tight muscles, loosen adhesions, lift connective tissue, and bring blood flow to skin and muscles as the cups are moved over the muscles

SINUS/HEADACHE RELIEF

neck and facial massage using essential oils to help you breathe easier. Perfect for those with sinus congestion and headaches. Can be added on to any service.

ALL PRICES SUBJECTED TO CHANGE

** Tips are greatly appreciated **