



massage

Massage

Swedish Massage

A traditional European style full body massages. This spa treatment involves long strokes, rolling and kneading techniques to improve muscular relaxation, stimulate circulation, and relieve tension.

50 minutes: Member-\$70/Non Member-\$80.00

Deep Tissue Sports Massage

Designed to increase your range of motion and aid in the recovery of overused muscles. This is a combination of deep focused work, assisted stretching, and gliding strokes

50 minutes: Member-\$70/Non Member-\$80.00

Hot Stone Massage

Known for its deeply benefits, Hot Stone Massage employs a technique that uses smooth, heated stones which are placed on specific acupressure points on the body to melt away knows tension, and stress.

90 minutes: Member-\$130.00/Non Member-\$140.00

Therapeutic Pregnancy Massage

A great experience for expectant moms to increase circulation and reduce stress and aching muscles. This massage has benefits for both mom and baby

50 minutes: Member-\$70/Non Member-\$80.00

Rehabilitation Massage

Designed to free musculature restriction due to accident, injury, or chronic pain. Usually focused on one specific area of the body. The benefits include an increase in range of motion, a decrease in pain, and improved posture

50 minutes: Member-\$70/Non Member-\$80.00

Massage can relieve stress, improve circulation, reduce tension, and alleviate muscle soreness. Indulge in one of our many spa services today.

Non-members welcome.

*Please arrive 10 minutes prior to your appointment if you must cancel, please do so within 24 hours to avoid being charged. Gratuity not included in prices. Babysitting is available for an additional fee. See our KidZone for hours and rates.



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www.healthtrax.com

