

Our Office Policies for Massage

We advise making appointments in advance to assure the day and time most convenient for you.

We respectfully request **24 hours notice of cancellation** if you cannot keep your scheduled appointment. Appointments cancelled **without** 24 hours notice will be subject to a **\$25 cancellation fee**. Broken appointments or “no-shows” are subject to be charged the full amount of the massage scheduled. We appreciate your understanding of this policy.

We encourage you to arrive 10-15 minutes early for your **first** appointment for massage, in order to relax and complete a registration form.

Your massage experience should be peaceful and relaxing, thus we ask that you please **turn off cell phones and pagers** during your massage.

As a safety precaution, as well as for your relaxation, **children are not allowed in the treatment room**. Due to the time required to receive massage, **children cannot be left unsupervised in the office while you are receiving a massage**. We appreciate your understanding and cooperation.

After Your Massage...

Drink plenty of water to flush toxins out of your system. For 24-36 hours after a deep tissue massage, you may feel sore or achy. This is normal. Sufficient rest, drinking lots of water, and a eating a healthy diet will help minimize this response.

Relax...Unwind...Take Time for You!

Swedish Relaxation

Combines smooth flowing strokes, aromatherapy and hot towels to promote relaxation, improve circulation and relieve muscular tension, encouraging better health and well-being.

30 minutes \$35

60 minutes \$55

Deep Tissue

Release of chronic muscular tension & adhesions using slow strokes with direct pressure applied to deeper layers of the muscle tissue

30 minutes \$35

60 minutes \$55

90 minutes \$90

120 minutes \$110

Hot Stone Massage

Experience the ultimate feeling of stress and muscle tension melting away with this hot stone therapy massage. Hot Stone therapy combines warm stones with a relaxing massage to help ease sore and tense muscles, relieve pain and encourage total relaxation.

60 minutes \$75

90 minutes \$110

Seated Chair Massage

A powerhouse pick-me-up for those of us with little time and the desire for great massage results. Your back, neck and shoulders will feel like a million bucks for a small investment!

\$1 per minute (10 minute minimum)

Gift Certificates are available for massage services. They are non-refundable and valid one year from date of purchase. Give the gift of massage to that special loved one or friend!



Massage Therapy Services

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