

Menu of Services

Swedish Massage

A type of massage using flowing strokes on the more superficial muscles; intended to induce relaxation, relieve stress and offer a sense of well-being.

60 min - \$85 90 min - \$125

Deep Tissue Massage

Working deep into the muscle to work through adhesions and restricted tissue.

60 min - \$90 90 min - \$130

Sports Massage

Sports massage emphasizes the prevention and healing of muscle injury. Depending on where you are in your training, this session may include PNF stretching, compression and cross fiber friction. This is a great option for those with chronic pain and restricted range of motion.

60 min - \$90 90 min - \$130

Prenatal Massage

Ease your aching muscles and give yourself a much needed, nurturing massage with special attention given to areas affected by the mothers changing body, relieving discomfort and promoting circulation while using the proper support for you and your baby.

60 min - \$90 75 min - \$110

Hot Stone Massage

Hot stone massage is a quick-moving massage where the therapist uses smooth, heated stones, either as an extension of their own hands, or by placing them on the body while they work other areas of the body. The heat can be both deeply relaxing and help loosen tight muscles, so the therapist can work more deeply.

60 min - \$95 90 min - \$135

Bamboo Massage

Bamboo Massage Therapy utilizes the technique of deep tissue massage, but with a firmer and more extensive technique to reach knots formed by lactic acid and other tension-causing wastes. However, bamboo massage therapy can also do more for you than improve your mobility and reduce pain.

60 min - \$95 90 min - \$135

Add CBD Massage Oil to any service for \$15!

Organic Aromatherapy Facial

Our skillful aromatherapy massage facial increases circulation, reduces tension on the face, restores energy, increases radiance and of course promotes relaxation.

Express: 30 min - \$50 Full: 60 min - \$95

Craniosacral Therapy

Craniosacral Therapy (CST) is a gentle manual therapy that uses the production and absorption of cerebral spinal fluid (CSF) as it comes in and out of the skull and spine to address restriction within the body. CST works to enhance the body's own healing potential addressing more than just symptoms. CST is very relaxing and enjoyable to receive.

60 min - \$90 90 min - \$130

Reiki Energy Healing Massage

Reiki is a specific healing technique based on the principle that the therapist can channel energy into the patient by means of touch, to activate the natural healing processes of the patient's body and restore physical and emotional well-being. The hands are placed just off the body or lightly touching the body. Our Reiki Energy Healing Massage is a fusion of relaxing massage techniques and energy healing to help aid the body in releasing stress and tension by creating deep relaxation.

60 min - \$90 90 min - \$130

Cupping Massage

Cupping therapy is an ancient form of alternative medicine in which a therapist puts special cups on your skin for a few minutes to create suction. People get it for many purposes, including to help with pain, inflammation, blood flow, relaxation and well-being, and as a type of deep-tissue massage. While massage is performed by applying pressure, cupping instead uses negative pressure to pull, lift, open and expand the body's soft tissues.

60 min - \$95 90 min - \$135

Swedish Massage Packages

(3 pack) 60 min - \$225 (3 pack) 90 min - \$345
(6 pack) 60 min - \$420 (6 pack) 90 min - \$660

Monthly Swedish Massage Membership

One 60-minute massage per month: \$75

Two 60-minute massages per month: \$140

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One 90-minute massage per month: \$115

Two 90-minute massages per month: \$220

Add Hot Stone, Deep Tissue, Prenatal, Reiki, Cupping, Bamboo, or Sports massage to any membership or package for additional fee.

Packages expire one year from date of purchase.