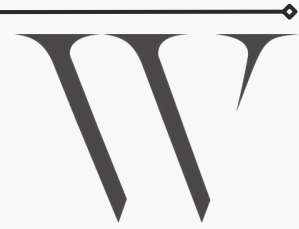


Massage



Custom Signature Massage

Our Signature Massage is a customized and rejuvenating massage treatment that is tailored to your needs. This treatment combines massage techniques along with aromatherapy and essential oils to relieve stress, calm the mind and improve overall wellness. The massage techniques used, support the increase of oxygen levels in your blood, which aids with blood circulation and flexibility. The body detoxification that takes place during a massage will strengthen your immune system.

45 min - \$110 / 60 min - \$130 / 75 min - \$150 / 90 min - \$170

Custom Post Surgery Lymphatic Massage

Using the Vodder Method, this lymphatic massage helps encourage the lymphatic fluid to get moving as needed, supporting the immune system overall. Essential to the healing process for post surgical procedures, by focusing on a specific area, a lymphatic massage will help alleviate excess swelling and fluid build up. Excellent for post implant removal, fat transfer or other body treatments. **Must be cleared by Dr. Whitfield prior to scheduling this service*

30 min - \$90 / 45 min - \$110 / 60 min - \$130

Big Night Out Lymphatic Massage

This is a full body massage with a strong emphasis on abdominal massage. Using a combination of Manual Lymphatic Drainage and Swedish strokes, this massage will have you feeling slim and sleek, whether it's a "Big Night Out" or a "Big Night at Home."

60 min - \$155

Reiki Energy Work

Reiki is a form of energy work that originated in Japan back in the 1800's. The word "Rei" means spiritual wisdom and "ki" means life energy. Life energy is also known as "chi" or universal life force. When someone offers Reiki, they are channeling life force energy through their physical body by way of their hands to the recipient. Reiki can be used to offer emotional, physical and spiritual support. If you are open to it, it's possible to feel deep relaxation and stress relief while receiving Reiki. Many value its power to help promote healing. Our Licensed Massage Therapist Carol Currier, holds 25 years of personal Reiki experience. She is a Reiki Master trained in both Eastern and Western Usui Reiki Ryoho Healing Method.

45 min - \$90 / 60 min - \$110 / Add Reiki (30min) - \$75

Foot Reflexology

Foot reflexology is a type of massage that involves applying different amounts of pressure to the feet. It's based on a theory that certain points are connected to organs and body systems. Reflexology aims to keep qi flowing through the body, keeping it balanced and disease free. Like other forms of massage, reflexology can calm the central nervous system. Promoting relaxation and other benefits.
30 min - \$85 / 45 min - \$100

60 min - \$155

Therapeutic Massage

Castor Oil Detox

Begins with 15 min of dry brushing to remove dead skin, increase circulation, and begin the detoxification process. Next, warm castor oil is applied to the abdomen and covered with warm rice packs. While the castor oil does its work, you will receive foot reflexology or other body work for 30 min, followed by a brief abdomen massage. Boost lymphatic system, improves digestion, decreases inflammation and increases immune system.

60 min - \$155

Indian Head Massage

Specific pressure points on face, head, neck and shoulders are stimulated to break down fibrous adhesions and disperse toxins from muscles, increasing oxygen intake in both muscle and the brain, and improving circulation of the lymphatic system, allowing for the disposal of toxins. Includes specialized face massage to plump skin and increase circulation.

30 min - \$100

Castor Oil Detox + Indian Head Massage

90 min - \$210

Add Ons

BODY CUPPING (15 min) - \$40
HOT OIL SCALP TREATMENT (15 min) - \$40
DRY BRUSHING (15 min) - \$30
HOT STONES (15 min) - \$40