

**DR. ROBERT WHITFIELD**

*the SPA experience*

## MASSAGE PRICE LIST

### MASSAGE

#### • Custom Signature Massage

Our signature massage is customized to your needs. The techniques and aromatherapy used, relieves stress, calms the mind, and improves overall wellness.

<b>45 minutes</b>	-----	<b>\$110</b>
<b>60 minutes</b>	-----	<b>\$130</b>
<b>75 minutes</b>	-----	<b>\$150</b>
<b>90 minutes</b>	-----	<b>\$170</b>

### LYMPHATIC SERVICES

#### • 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.

<b>30 minutes</b>	-----	<b>\$90</b>
<b>45 minutes</b>	-----	<b>\$110</b>
<b>60 minutes</b>	-----	<b>\$130</b>

*\* Post Surgery Patients will need medical clearance prior to scheduling this service*

#### • AbSlim Lymphatic Massage

Relaxation with results! Abdominal focused lymphatic massage to reduce bloat/swelling, improve circulation, relieve constipation, and may even reduce abdominal circumference, leaving you with a more contoured waistline.

Combined with our custom aromatherapy blend, this massage will leave you feeling slim, sleek, and refreshed. Perfect before an event!

<b>60 minutes</b>	-----	<b>\$130</b>
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2530 Walsh Tarlton Lane, Suite 100  
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<https://www.drrobertwhitfield.com/wellness-spa/>

• **Foot Reflexology Massage** **\$100**

Foot reflexology is based on the theory that certain pressure points are connected to the organs and body systems. This massage involves different amounts of pressure to these pressure points, along with some manipulation of the calf muscles for a balanced and relaxing massage.

*(45 min)*

• **Castor Oil Detox** **\$155**

Begins with 15 min of dry brushing to remove dead skin, increase circulation, and begin the detox process. Next, warm castor oil is applied to the abdomen and covered - while castor oil does its work, you will receive foot reflexology or other body work for 30 min, followed by a brief abdominal massage

*(60 min)*

• **Indian Head Massage** **\$90**

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

*(30 min)*

• **Reiki Energy Work**

Reiki is a healing method that relies on the principle of being able to channel energy through touch into the patient in order to activate natural healing processes and restore emotional and physical well-being.

**45 minutes ----- \$90**

**60 minutes ----- \$110**

• **Wind Down Massage Combo** **\$155**

Wind down and relax with this perfect combo of 30 min of our Foot Reflexology and 30 min of our Indian Head Massage. *(60 min)*

• **Level Up Massage Combo** **\$150**

Re-energize your inner spirit while calming your mind with this perfect combo of our 30 min Reiki session and 30 min of our Indian Head Massage. *(60 min)*

**Add-On Services**

Dry Brushing *(add 15 min)* ----- \$30

Body Cupping *(add 15 min)* ----- \$40

Hot Stones *(add 15 min)* ----- \$40

Foot Reflexology *(add 30 min)* ----- \$80

Reiki *(add 30 min)* ----- \$75