



at The Body Essential

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Serenity Relaxation Massage

Escape life's stresses with this soothing, relaxing, full-body Swedish Massage. Organic, vegan, gluten free massage lotion infused with Arnica Montana Flower, French Lavender, and Bergamot essential oils combine with long, gentle, gliding massage strokes to provide the ultimate relaxation. This service helps to elongate muscles, open joints, decrease swelling, and provide an overall feeling of calm.

60-minute service: \$100

90-minute service: \$150

Suggested complement: warm stone

Reformation Deep Tissue Massage

Re-set with this full-body focus massage. Deep pressure, trigger point therapy, advanced medical massage techniques, stretching, and specialized muscle balm(s) are all utilized to help relieve muscle pain, increase range of motion, release "stuck" connective tissue, calm nerve impingements, and help reform muscle balance, strength, flexibility, and form.

60-minute service: \$100

90-minute service: \$150

Suggested complement(s): warm stone, therapeutic cupping

Tranquility Warm Stone Massage

Warm Himalayan Salt Stones along with comforting massage strokes will transport you into a wonderful state of tranquility. This restorative massage provides deep relaxation, will melt away stress and muscle tension, and rejuvenate your mind, body, and spirit.

60-minute service: \$120.00

Specialty Services:

Focus 40 Massage Services

Back, Neck, Shoulder Massage

Indications for this specialized service include headaches, neck pain, shoulder tension, TMJ disorder, and other upper body ailments. Loosen up those tight back, neck, and shoulder muscles with this intense focus massage. Specialized muscle balm(s) will be used in conjunction with organic, vegan massage lotion.

Lower Leg and Foot Massage

Indications for this specialized service include sore feet, tired legs, chronic knee pain/arthritis, Plantar Fasciitis, and other lower body maladies. Organic, vegan lotion infused with Peppermint, Lemongrass, and Horse Chestnut Flower essential oils helps to alleviate pain, decrease swelling, and get you back on your feet (no pun intended!).

Each 40-minute service: \$75

SportStretch®

SportStretch® is a floor mat, movement based, full body routine that consists of both actively and passively stretching a client. This is great for everyone, but especially for those who participate in and/or are training for sporting activities.

30-minute service: \$65

Complements: Cupping \$25.00 Warm Stone \$20.00