

Massage Menu

Swedish Massage 50min \$100

Relax with a massage of long gentle strokes reducing tension and stress.

Deep Tissue Massage 50min \$120

The long gentle strokes of deep pressure to relieve tightness and soreness.

Pregnancy

The long gentle strokes of a Swedish massage using positioning more comfortable for the mother-to-be.

Hot Bamboo

Warm sticks of bamboo massage the body using Swedish strokes to push and roll bamboo along the body. The warmth of the bamboo allows massage into the deep layers of muscles thus relaxing muscles, increasing blood flow and accelerating the healing process.

Hot Stone

Enjoy the warmth as hot volcanic river stones are massaged into the deep layers of muscles thus relaxing muscles, increasing blood flow and accelerating the healing process.

Reflexology

Employs the natural healing art of massaging the reflexes of the feet, hands, head, and ears and thereby increasing the natural function of the corresponding glands and organs.

Lymphatic

A gentle massage which is intended to encourage natural circulation of the lymph from the body.

Cupping

A technique added to the end of any massage to release tension and tightness. Great when added to shiatsu, neuromuscular and myofascial.

Melissa's Massage

\$360

The ultimate 3 hour massage begins with a full body Aromatherapy massage adding Lymphatic strokes to flush toxins from the body. Hot stones are placed on the chakras of the body during a Balinese massage. Stones are replaced with Cupping while Shiatsu and NeuroMuscular strokes are applied. Lypossage strokes then reduce cellulite. Then Hot bamboo sticks are used to massage the entire body followed by Reflexology of the hands and feet and scalp. The massage ends with Thai stretching. Add Raindrops for \$50

Raindrop Therapy

Raindrop Therapy uses essential oils derived from plants, flowers, bark, and shrubs used for all systems of the body. The treatment will promote a feeling of contentment, deep relaxation, openness, a visible elongation of the spine, and sometimes a feeling of expansion. The life force of the plants combines their frequency with the body to create a greater healing process. Hot towels applied on the back after all the oils are applied and massaged into the spine and covered with a blanket The body reacts due to toxins in the body and skin. Oils will continue to work in the body for about 5 to 7 days after the treatment.

Add Aromatherapy for an additional \$20

Add Raindrop Therapy \$30

Massage Package of 10 (any kind) \$800

Couples Massage \$250

Couples Massage Class \$200

Romance or fun, your choice as we teach you to give each other a massage. Both receive a full body massage.

Specialty Massages 50 Minutes \$130

80 Minutes \$195

25 Minutes \$65

Balinese

A combination of 5 different strokes including acupressure, skin rolling, Swedish strokes and tapotement.

Lypossage

Improves circulation, muscle tone and Lymph congestion thus improving the structure of skin and reducing the appearance of cellulite.

Myofascial

This technique addresses the immobility of the muscle. By stretching the fascia, a thin tissue that covers all the organs of the body including muscle, and equalizing muscle tension which can compress nerves and limit range of motion, posture and mobility can improve.

Cranial-Sacral

Gently works the spine, skull and cranial sutures by easing the restrictions of the nerve passages and increasing the movement of cerebrospinal fluid through the spinal chord. Improves neck & back pain, migraines and chronic pain conditions.

Thai

An energizing yet relaxing massage where the therapist uses her body to move you into a series of yoga-like poses, increasing muscle compression and joint mobilization.

Shiatsu

Japanese for finger pressure, this technique applies pressure and circular movements along the meridians of the body using the therapists' fingers and palms.

Neuromuscular Massage

Focusing on one body part to work out tightness and tension with deep circular friction and compression.

