

## Massage Services

(All technique and pressure choices are customized based on the initial intake discussion)

### Integrated Massage

A customized blend of techniques and pressure. Performed on a massage table.

### Thai Yoga Massage

A series of yoga-like motions, compression, and breathing to help you relax and feel more flexible. Client remains fully clothed. Traditionally performed on a floor mat (this may be adapted to a table for clients who have difficulty getting on and off the floor, or simply prefer table Thai).

### Combo Thai / Integrated Massage

The best of both worlds. Begin on the table, then throw on comfortable clothes for some Thai work.

### Prenatal Massage

A customized blend of techniques with adjustments to accommodate pregnant clients. Performed on a massage table. *Available after your first health check-up (gotta keep baby and mom safe).*

### Chair Massage

A customized blend of techniques. Performed in a specialized massage chair. Perfect for quick touch-ups.

**Ask about mobile massage, spa parties, and corporate events.**

## Add-ons

### Aromatherapy

Choose from a selection of essential oils to enhance your massage experience.

### Cupping

Blend cupping techniques into your massage. Uses negative pressure (suction) to approach your muscles from different angles than hands are able.

### Hot Stone

Blend hot stones into your massage to help warm and relax your muscles.

### Gua Sha (No additional charge)

Blend this scraping technique into your massage to promote circulation and healing.

**Gift certificates available.**

**Self-care items also available for purchase - soaps, candles, heat packs, etc.**

Service type	Cash or Check	Card or Venmo
30 mins	\$45	\$46.35
60 mins	\$85	\$87.55
90 mins	\$125	\$128.75
120 mins	\$165	\$169.95
Add-on (0 mins)	\$5	\$5.15

*Services, prices, schedules & availability are subject to change without notice.  
Some medical conditions may be contraindicated for massage.*