

## Swedish

Also Known as a “Classic Massage”, this massage is designed to relax the entire body by rubbing the muscles in long, gliding strokes in the direction of blood returning to the heart. Swedish Massages, can help increase the level of oxygen in the blood and improve circulation and flexibility.

60 Minutes: \$125 | 90 Minutes: \$155

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## Deep Tissue

This technique involves slow, firm pressure to release muscle tension. The focus is on the deepest layer of muscle tissue, tendons and fascia. Deep tissue massage may improve circulation, reduce minor aches and pain, increase range of motion and ease inflammation.

60 Minutes: \$130 | 90 Minutes: \$170

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## Sports Massage

From weekend warrior to serious athletes, a sports massage can enhance flexibility, help you recover from competition, and help prevent injuries from occurring. This massage utilizes firm pressure, focusing on muscles and connecting tissue deep within the body, as well as stretching.

60 Minutes: \$130 | 90 Minutes: \$170

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## Prenatal Massage

A Prenatal Massage is a great way for expecting mothers to find relief and relaxation. This massage can help relieve aches in your neck and back, and address leg cramps. Prenatal massage can also improve circulation, help reduce nervous tension and help with depression and anxiety.

60 Minutes: \$130

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## Hot Stone Massage

The placement of smooth, water-heated stones at key points on the body promotes deeper muscle relaxation. The direct heat of the stones aides in easing muscle stiffness, removing tension, and increases circulation and metabolism.

60 Minutes: \$145

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## Massage Add-Ons

CBD - \$30 | Aromatherapy - \$5