

## Therapeutic Massage

Therapeutic Massage offers a variety of techniques such as, petrissage, effleurage, kneading, and myofascial release just to name a few. It promotes general relaxation, improves blood circulation, and relieves muscle tension. You can choose from a light and medium, to a deep, but soothing pressure.

30 Minutes	\$45.00
1 Hour	\$70.00
90 Minutes	\$100.00

## Wellness Massage

Wellness Massage is an orientation of massage techniques. It is anatomically precise and client specific to help alleviate pain of tight and strained muscles and to help the client reach their full range of motion and improve flexibility.

Muscle Energy Techniques, Stretches, Posture & Gait Analysis, are just a few things that are incorporated into a massage session to help alleviate the client's pain and discomfort.

Wellness Massage can help with such disorders as:  
Chronic Back & Neck Pain    Arthritis    Fibromyalgia  
Tension Headaches    Anxiety/Stress  
Chronic Shoulder Pain

30 Minutes	\$45.00
1 Hour	\$70.00
90 Minutes	\$100.00

## Hot Stone Massage

Hot Stone Massage involves the application of water-heated basalt stones to key points of the body, giving a deep massage and creating manipulation of a great intensity than with regular massage. The hot stones expand the blood vessels, pushing blood and unwanted waste materials through the body. Hot Stone Massage makes you feel deeply relaxed, allowing you to let go of all stresses that is held within your body. Those experiencing a Hot Stone Massage will notice a healing improvement of the following symptoms:

Muscular Aches & Pains    Poor Circulation  
Back, Neck, & Shoulder Pain    Fibromyalgia  
Stress, Anxiety, & Tension    Arthritic Conditions

30 Minutes	\$50.00
1 Hour	\$85.00

\*Guests please add \$12.00 to all massage services which includes full use of our facilities

## Spa 23 Massage Membership

**\$59/**month per massage

Special Massage Rates...

Save up to \$26.00 per massage off our regular rates! Membership includes ANY 1 Hour Pre-Paid massage per month, plus substantial savings on all massages.

## Spa 23 Massage Packages Exclusively for Massage Members

### 30 Minute Therapeutic & Wellness

5 Massages	\$40.00/each
10 Massages	\$37.00/each

### 1 Hour Therapeutic & Wellness

5 Massages	\$63.00/each
10 Massages	\$57.00/each

### 30 Minute Hot Stone

5 Massages	\$45.00/each
10 Massages	\$41.00/each

### 1 Hour Hot Stone

5 Massages	\$77.00/each
10 Massages	\$70.00/each

### 1 Hour Sports Massage

5 Massages	\$77.00/each
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### 1 Hour Foot Reflexology

5 Massages	\$54.00/each
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### 1 Hour Aromatherapy

5 Massages	\$72.00/each
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## Aromatherapy Massage

Spa 23's uses Young Living Essentials Oils which are 100% organic. Young Living's collections are life-enhancing gifts from the plant kingdom, revered for centuries for their restorative properties to body, mind, & spirit. Antiseptic, calming, stimulating, soothing, Young Living's essential oils bring balance to all systems of the body.

1 Hour \$80.00

## Chocolate Full Body Massage

Let the chocolate melt into your skin as you lay on our heated massage table and the warm chocolate oils are applied directly into a luxurious full body therapeutic massage.

Choose from one of four delicious chocolate flavors:

Chocolate Cake  
Chocolate Mint  
Chocolate Cherry

1 Hour \$80.00

## Foot Reflexology

Reflexology is organized around a system of points on the feet and the hands that are thought to correspond, or "reflex", to all areas of the body. Though the massage is specific to an area, it is intended to affect the whole body.

1 Hour Session      \$60.00

Includes Hot Stones

## Pre-Natal Massage

Pre-Natal Massage not only relieves the tensions and aches caused by the extra weight and shift in the center of gravity to the body, but it reduces swelling, soothes the nervous system, acts as a tonic, reduces fatigue, and enhances energy.

Pre-Natal Massage      \$75.00.

## Chair Massage

Chair Massage (on site for corporate accounts, special events, and in home services for individuals and parties) - The client is clothed and seated in a chair designed for massage therapy for the upper body—back, neck, and head. A chair massage session usually lasts is intended to relax and improve circulation.