



## Massage Pricing and Descriptions

	Public	Staff/ Faculty	Student
<b>Paraffin Wax</b>			
Cucumber or Aromatherapy warm wax used to combat dry skin leaving your hands and feet soft, smooth, and relaxed.			
- Hands	\$15.00	\$12.00	\$6.00
- Feet	\$15.00	\$12.00	\$6.00
- Both	\$25.00	\$15.00	\$10.00
<b>The Ultimate</b>			
4-8 hands using light to firm pressure working together to release tension, leaving the body feeling relaxed.	\$100.00	\$50.00	\$25.00
<b>Body Wrap</b>			
Aromatherapy body wrap involves body brushing or dry glove exfoliation. Then body is wrapped in essential oils of your choice for 20 min.	\$90.00	\$30.00	\$20.00
<b>Hot Stone Massage</b>			
The use of warm to hot stones to glide over muscles to help them relax.	\$45.00	\$30.00	\$17.00
<b>Deep Tissue Massage</b>			
Deep and precise pressure and techniques used to relax those tense muscles.	\$40.00	\$30.00	\$20.00
<b>Swedish Massage</b>			
Light to firm pressure is used to help relax and increase circulation. Very good for those new to massage.	\$35.00	\$25.00	\$17.00
<b>Aromatherapy</b>			
Custom blend of oils to enhance any massage session. Pressure used is light to medium.	\$40.00	\$30.00	\$20.00
<b>Chair Massage</b>			
10-15 Min chair massage with light to medium pressure also include is a hand massage with your choice of cream scents.	\$15.00	\$12.00	\$6.00
<b>Reflexology (feet)</b>			
The use of pressure on soles of the feet to stimulate reflex points to release tension in corresponding organs and structures.	\$15.00	\$12.00	\$6.00

<b>Sports Massage</b>			
The gentle stretch of muscles to help prepare for a workout or post-workout.	\$20.00	\$15.00	\$5.00
<b>Prenatal Massage</b>			
Light to medium pressure used while mother-to-be is in side-lying position.	\$30.00	\$15.00	\$10.00
<b>Sugar scrub</b>			
The use of body scrub to exfoliate skin. Removes dead skin and hydrates skin leaving it feeling soft and moisturized.	\$45.00	\$35.00	\$15.00