

Offerings

Swedish Massage

- Light to medium pressure
- Promotes circulation and lymph movement

Deep Tissue Massage

- Releases muscle tension
- Loosens scar tissue and lengthens muscles

Trigger Point Therapy

- Relieves a tight area within muscle tissue causing pain in other areas of body
- Uses cycles of isolated pressure and release

Reflexology

- Restorative relaxation
- Decreases stress and anxiety

Hot Stone Massage

- Hot stone massage therapy melts away tension, eases muscle stiffness and increases circulation
 - Promotes deeper muscle relaxation through the placement of smooth, water-heated stones
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