

Pricing

Unless noted, all services are priced by the 1/2 hour.

30 min	\$40
60 min	\$65
90 min	\$90
More than 90 min	Call for price
<i>* These services cannot be scheduled as a single, 90 minute service.</i>	

Scheduling

Appointments are available Monday through Saturday.
Please Note: Karma's appointment book is generally full 2 to 3 weeks in advance. Call for the next available appointment time.

Massage Services

Anti-Stress Back Treatment - \$50

Add to any massage for \$35

Warm Moor Mud, renowned for its powerful, natural active ingredients, is applied to the back with warm hot packs to relieve stress and soothe muscle soreness, aches and pains.

Chair Massage - 15 Minutes for \$15

A step by step protocol and massage sequence in a specially designed chair that allows the client to sit comfortably, in a prone position and fully clothed. Deep Tissue Promotes healthy body tissue.

Dreamcatcher - Add to any massage for \$35

Essential oils are placed in sequence with heat on the chakras of the body. The combination of oils, heat, and massage opens the body to a wholeness that is indescribable until you experience it.

Hot Stone Therapy

Basalt and sedimentary stones that are heated and placed strategically on the body and used for massage techniques. The heat of the stones increase circulation and promotes relaxation.

Massage Facial - \$55

Deep cleansing and exfoliation of the face. Cleanse, steam, massage. This facial focuses on massage techniques to stimulate and promote healthy tissue.

Myofascial Release*

Bodywork that affects connective tissue and scar tissue.

Paraffin Therapy

Add to any treatment

Paraffin may be used for arthritis or to alleviate pain in specific areas. The treatment starts with an analgesic and finishes with a Paraffin wrap.

Pre-Natal

Focus on reducing emotional stress, relaxation and nurturing. Reduces leg and foot cramps and improves circulation. Special care taken for the comfort and safety of the client in a side lying position.

Reflexology*

Treats reflexes in the hands or feet which affect various functions of the body and promotes self healing.

Shiatsu

Japanese form of acupressure that improves organ function and energy pathways throughout the body.

Sports Massage

Pre or Post event massage to enhance athletic performance.

Swedish

Relaxation massage to improve blood and lymph flow.

Trigger Point*

Focuses on irritable tissue that is referring pain to other areas of the body.

Body Treatments

Body Mud - 120 minutes for \$95

Begins with Salt/Sugar Scrub. Followed by mud applied to the entire body. Rebalances and restores proper hydration and protects future exposure by fighting free radicals. Stimulates, firms and moisturizes the body. Stimulates thyroid for slimming and increases vasodilation for decongestion and waste elimination. After showering skin is moisturized with body butter.

Detoxifying Full Body Treatment - 60 minutes for \$90

Relaxing yet invigorating full body treatment that increases circulation and promotes detoxification. Special ingredients include lavender, juniper, cypress and rosemary.

Herbal Hibernation Wrap - 90 minutes for \$125

A delicious herbal experience that detoxifies the entire body. First the body is exfoliated by body brushing, then a sheet soaked in an aromatic infusion of comfrey leaf, sage leaf, rosemary leaf, and lavender is wrapped around the body and you are warmed for 30 minutes as the mixture penetrates the body and draws out impurities. This treatment is very soothing and promotes a relaxed mind. Includes a Mini Herbal Facial while you are being warmed and relaxed.

Salt/Sugar Scrubs - 60 minutes for \$60

Therapeutic exfoliation of the body. Different types available for customizing.

Soothing Ear Candling - \$40

Ear candling is a centuries-old practice used to remove wax buildup and inner-ear blockage. Very soothing and relaxing to the ear.

Packages

Sometimes only you know what is best for you. Just let me know what your needs are and I will be glad to help you customize your own exclusive session for you and/or your group.

Couples and groups welcome.