

# Academy

## MASSAGE

### RELAXATION MASSAGE

90 MIN - \$95    60 MIN - \$70    30 MIN - \$45

Traditional strokes with light pressure. Stimulates circulation and induces feelings of deep relaxation reducing stress levels. You may even fall asleep!

### DEEP TISSUE MASSAGE

120 MIN - \$160    90 MIN - \$110    60 MIN - \$80    30 MIN - \$45

Our most popular massage. Targeting specific muscle groups. Releases chronic pain/aches in muscle and connective tissue while relieving stress helps reduce inflammation, toxins, and knots the body is storing.

### SPORTS MASSAGE

120 MIN - \$160    90 MIN - \$110    60 MIN - \$80    30 MIN - \$45

Prepares athletes to compete at the highest level, with less strain on an athlete's body. Used during all phases of athletic cycle. Targets very specific muscle groups to alleviate muscle tension and inflammation. Perfect for the active individual.

### HOT STONE MASSAGE

90 MIN - \$135    60 MIN - \$110

A massage using water treated stones placed at specific sites on the client's body to promote relaxation. Muscles are pretreated with the heated stones to allow the therapist to more easily perform deep tissue manipulations.

### PREGNANCY MASSAGE

90 MIN - \$110    60 MIN - \$80    30 MIN - \$45

Accommodates special needs of expectant mothers. Relieving the discomforts of pregnancy. Special pillows are used to safely support a woman in any stage of pregnancy. Relieves back pain, joint pain, swelling, and increase circulation.

### FOOT ZONING

60 MIN - \$70

Directed pressure to the various "zones" of the feet. Practitioner observes the foot watching for discoloration, texture and tenderness. Signals are sent through nerve endings in the feet that are connected to other areas of the body known as part of the meridian system Zone Therapy stimulates every organ and renews the cell system in each treatment.

## BENEFITS of MASSAGE & AESTHETICS

- Helps relieve stress and aids relaxation
- Helps relieve muscle tension and stiffness
- Alleviates discomfort during pregnancy
- Fosters faster healing of strained muscles and sprained ligaments; reduces pain and swelling; reduces formation of excessive scar tissue
- Reduces muscle spasms
- Provides greater joint flexibility and range of motion
- Enhances athletic performance; treats injuries caused during sport or work
- Promotes deeper and easier breathing
- Improves circulation of blood and movement of lymph fluids
- Reduces blood pressure
- Helps relieve tension-related headaches and effects of eyestrain
- Enhances the health and nourishment of skin
- Improves posture
- Strengthens the immune system
- Treats musculoskeletal problems
- Rehabilitation post-operative
- Rehabilitation after injury

SPORTS ACADEMY MEMBERSHIP NOT REQUIRED

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