

[Medical Massage Services](#)

Pain Management Massage

There are many factors that aggravate and contribute to pain. Chronic conditions such as Fibromyalgia and arthritis are two debilitating issues among a host of other issues that can be positively impacted by massage therapy. In a study of massage therapy for knee osteoarthritis, a group receiving massage therapy for the pain showed significant improvement in pain reduction, enhanced mobility and better physical function.

This treatment helps individuals to naturally improve their quality of life. This massage helps to release chronic tension through slow, deliberate strokes on contracted muscles, tendons and fascia. It will help you to relieve chronic tension and acute muscle spasms. Our goal is to help individuals to achieve a deeper more restorative sleep, decrease anxiety, elevate mood and reduce pain by helping to increase serotonin levels.

Head Scalp & Shoulder Massage

A head massage is known to instantly relieve a person from stress and provide complete relaxation. This totally relaxes you and often helps to relieve a headache at a rapid speed. Our scalp massage will help to rejuvenates inactive brain cells allowing you to feel more active and alert.

30 minutes - \$45.00

Relaxing Massage

This amazing relaxing treatment incorporates Swedish massage along with some traditional natural healing techniques to help you to achieve the highest in relaxation. It will help soothe muscles, relieve tension, reduce stress, increase circulation and promote relaxation. Customized to your needs, this massage can be either light or medium in pressure.

60 min -\$85.00

90 min - \$125.00

Cupping Massage

Through a modified version of "cupping therapy" cupping massage creates suction and negative pressure and is used to stretch muscles and connective tissue, loosen adhesions, and promotes the drainage of excess fluids. Combined with hands on approach of traditional massage, this is a great modality for athletes or anyone who likes really deep pressure with less discomfort.

30 min - \$45.00 (upper or lower body)

60 min -\$85.00

90 min - \$125.00

Deep Tissue Massage

Deep Tissue Massage releases chronic tension through slow, deliberate strokes of deep pressure on contracted muscles, tendons and fascia. This treatment will help you to relieve chronic tension and acute muscle spasms.

Combination Full-Body Massage

Our Massages are custom to suit your individual needs. Whether it's Swedish, Pain Management, Acupressure, Shiatsu, Craniosacral Balancing or any other therapeutic modality, we work with you to develop a therapy session just for you.

60 min -\$85.00

90 min - \$125.00

Lymphatic Massage

Lymphatic massage is a gentle detox treatment that helps to stimulate the lymphatic system and improves metabolism. It serves to promote the removal of bodily toxins and waste while encouraging a healthy immune system.

The massage works by working with the body's own lymphatic system. The lymphatic system is responsible for immune system regulation and fluid and waste removal. It is what helps rid the body of any toxins that may cause illness. When the lymphatic system slows down or becomes blocked, then fluids begin to build up, causing the whole body to feel tired and heavy, making us susceptible to catching sicknesses.

By stimulating the lymph nodes through massage, it helps to clear any blockages and gives the lymphatic system a boost keeping it running healthy and strong. This in turn keeps your body free of toxins and illness and while also creating a stronger immune system.

Lymphatic massage is an excellent treatment on its own or we can use it in combination with other massage techniques such as deep tissue or Swedish massage. Since it consists of only soft, rhythmic motion, the technique can be used on even the gentlest of areas including areas of the body that are swollen.

The massage is good for individuals who frequently suffer from illnesses, a faulty immune system, sports injuries, depression and emotional problems, stress, and low energy. It has been shown to have positive effects on the skin, to produce energy, and to help with respiratory problems.

60 min -\$85.00

90 min - \$125.00

