

Swedish Massage with Therapeutic Stretching: Discover ultimate rejuvenation as traditional Swedish massage flows into careful, therapeutic stretches. This integrated session soothes your nervous system, releases muscular knots, and gently restores your body's natural suppleness and ease of movement.

30 minutes – \$ 90 | 60 minutes – \$ 120 | 90 minutes – \$ 165 | 120 minutes – \$ 195

Warm-Water Float Massage: Drift into Deep Peace with Warm Water Float Therapy. Surrender to a slow, luxurious full-body oil massage on a comforting warm water mattress. The gentle rocking of the warm water evokes a primal sense of well-being, reminding your body to let go and relax completely. This soothing experience, accompanied by calming music, is ideal for those struggling with sleep, muscle weakness, and anxiety.

60 minutes – \$ 140 | 90 minutes – \$ 185 | 120 minutes – \$ 240

Medical Massage Therapy: Experience relief from pain and dysfunction with our specialized Medical Massage Therapy. Our skilled therapists apply advanced techniques to treat diagnosed conditions, helping you regain mobility, reduce symptoms, and enhance your overall physical well-being.

30 minutes – \$ 80 | 60 minutes – \$ 110 | 90 minutes – \$ 155 | 120 minutes – \$ 195

Customize Your Experience

Enhancements and add-ons are available during the booking process, including:

- **Hot Stones**
- **Warm Towels**
- **Sliding Cupping Therapy**

What's Included in a 90-minute therapeutic massage session:

- A detailed intake and personalized assessment
- Wellness goal-setting tailored to your needs
- Full, hands-on massage time
- Learn how to repattern your chronic condition

Want More Time to Unwind?

Additional time can be added when you book your session.