

Massages

Gratuuity Included With Pricing

Email- relaxrewindreawaken@gmail.com

Phone Number- (518) 755-0157

Swedish Massage- A customized therapeutic massage experience using Swedish massage techniques. The primary goal is to relax the entire body by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart. This type of massage is more than just relaxation it is beneficial for increasing blood circulation, reducing muscle pain, and promotes peace of mind while decreasing negativity.

Price: 1 hour \$135 1 hour and 30 minutes \$155

Deep Tissue Massage- This type of massage is used to release areas of strain and tension in the muscles. This is done through digital pressure in certain areas and deep long strokes to work out the muscles.

Price: 1 hour \$150 1 hour and 30 minutes \$180

Pregnancy Massage- A massage tailored to the mother and the baby by using side-lying positioning. Techniques are similar to swedish massage, but vary in certain stages of pregnancy to help create a comfortable and safe experience.

Price: 30 minutes \$95 1 hour \$135

Aroma Massage- A customized therapeutic massage experience that blends Aveda's pure plant and flower essences and hot towels with traditional massage techniques.

Price: 1 hour \$150 1 hour and 30 minutes \$175

Sports Massage- Incorporates stretching, kneading and muscle manipulation dealing with the health of muscle and connective tissue, range of movement, tone, symmetry, balance of muscle and quality of posture. Beneficial for before and after physical activity.

Price: 1 hour \$140 1 hour and 30 minutes \$175

Hot Stone Massage- Melts away tension, eases muscle stiffness and increases circulation and metabolism, The direct heat of the stones relaxes muscles, expands blood vessels, which encourages blood flow throughout the body allowing the therapist access to their deeper muscle layers.

Price: 1 hour \$165 1 hour and 30 minutes \$210

Pure Focus Massage- A customized massage done on specific muscles using applied techniques determined by the client and the LMT. Ideal to treat injuries as well as a preventative treatment.

Price: 30 min. \$110 1 hour \$145 1 hour and 30 minutes \$185