

Therapeutic Massage

this form of massage helps relieve pain, decrease stress, and improve posture using in depth assessment and a variety of techniques.



Neuromuscular Massage

uses specific techniques such as trigger point therapy, myofascial release, and nerve decompression strokes to increase range of motion, decrease pain and inflammation, and aid in soft tissue health.



Relaxation massage

focuses on calming the central nervous system using less specific techniques.



Chair massage

typically a 10, 15, 20 or 30 minute massage that focuses on the high tension areas of the neck, back, shoulders, arms and hands.

Pricing

30 minutes \$25 60 minutes \$50

90 minutes \$75.

Hot stone massage Add on \$5 (1-5 stones on 1 or 2 target areas)

Full body \$15 (60 or 90 minute appointments only)



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I have been practicing massage therapy for 7 years. I attended Boulder Collage of Massage Therapy in Boulder, CO. After 2 years of study at BCMT, I graduated with almost 1400 hrs and my Associates Degree in Orthopedic Sports and Medical Massage with a complete spa certificate. Specializing in these give me the ability to help a wide range of clientele looking for relaxation and pain relief.

I look forward to helping you!

