

Stress is the 1st & most basic causative factor of muscle tension and pain.

Swedish Massage

A full body Massage with light to medium pressure, kneading, gentle gliding and circular strokes. It promotes relaxation, soothes tired and sore muscles and improves skin tone.

½ hr - \$35

1 hr - \$60

1 ½ hr, to include Aroma Therapy - \$80

Deep Tissue

A therapeutic, rigorous full body massage for individuals who prefer a deeper, yet luxurious therapy. Great for Athletes!

½ hr - \$35

1 hr - \$65

1 ½ hr, to include Aroma Therapy - \$85

Hot Stone Massage

Smooth, heated basalt stones, placed and actively massaged on the body. This treatment focuses on problem spots, releasing tension and toxins, the central nervous system is sedated, inducing deep relaxation.

1 hr - \$65

Be kind to your body and start stretching today,

Injury Treatment

A combination of Deep Tissue, Sports and Swedish Massage to help treat specific injuries. Example: Carpal Tunnel, whiplash, and repetitive stress injuries.

½ hr - \$45

1 hr - \$70

Pregnancy Massage

For those expecting mommy's. Yes...Massage is good and perfect for you! It is designed to aid in relaxation and circulation while relieving muscle tension and swelling during your pregnancy.

1 hr - \$60

*Lymphatic Drainage

Another process of renewal and transformation. It is a gentle, hands on technique which stimulates the Lymphatic System, thereby encouraging and supporting the body's natural ability to heal itself.

1 hr - \$70

1 ½ hr - \$95

It's important to drink a lot of water after a massage.

Foot Reflexology

Focuses on pressure points that correspond w/ parts of the body. Used to release energy, toxins, relieves stress and improves blood circulation.

½ hr - \$35

1 hr - \$60

Foot and Leg Treatment

Soothing, relaxing treatment for those constantly on the go!

25 min - \$30

Aroma Therapy

Massage to include essential oils from plants, leaves & flowers and applied to the body to stimulate blood and lymph flow.

Available with any massage for an additional ...

\$5 EXTRA

Hot Towel

Available with any treatment for an additional...

\$5 EXTRA

Keep looking...we have more to offer!!

Special Events... Seated Massage

\$1 per minute
2 Hour Minimum
\$20 Set up fee.

Call Practitioners to Make
arrangements.

Save Money\$\$\$
When you purchase any
3 Services, you receive
10% off
your total due !!!



For More Information

Call DSN 337 5541
Civilian 0611 705 5541

Our Fantastic Massage Practitioners are:

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&

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When calling to schedule your
appointment, PLEASE always leave a
message and have your receipt or gift
certificate number available. Massage
appointments will not be scheduled
without a receipt number.

* No shows or failure to cancel your
appointment without 24 hours notice of
your massage will result in a loss of that
purchased. Your gift certificate and/or
receipt will no longer be valid and the
practitioner will be compensated for
time lost.

Massage Menu



MASSAGE...

More Than Just a Luxury

Studies show that the human body
needs touch as much as it needs
oxygen, water and food to survive.

At the very least, your body needs
regular maintenance like a car.
Massage can provide the fuel you need
to keep you going and stay healthy in
this era of high stress.

“Relax, Renew, Refresh with Massage!”