

DECEMBER SPECIAL!

Discount Spa Packages

BUY NOW, USE LATER & SAVE MORE!

Packages below reflect student pricing. *Price slightly increases with Advanced Students and LMT's. Time booked is more than actual hands-on time. Hands-on times are indicated next to treatment name.

MUSCLE RECOVERY

2 Hours for \$55

25 minute Eucalyptus Steam Bath

25 minute Oriental Hot Rocks

50 minute Deep Muscular Massage

SAVE \$15

*Advanced Student \$62 – LMTs \$75

EUCALYPTUS STEAM BATH —

Take a private steam with eucalyptus which is used to purify, cleanse, improve circulation, soothe nasal & bronchial passages, and rehydrate dry skin. Great for congestion caused from allergies and colds.

SIGNATURE ORIENTAL HOT ROCKS —

Begin with heated river rocks that fit the contour of your back. Sustained pressure & radiating heat help tightness in deep muscles melt away, allowing the practitioner to release and relax musculature more effectively.

DEEP MUSCULAR MASSAGE—

A firm yet gentle technique that targets deeper tissues to focus on tight knotted areas caused from active lifestyles, injuries and poor postural habits.

DE-STRESSER

3 Hours for \$82

25 minute Acupressure Facial

25 minute Tibetan Reiki or Steam Bath

50 minute Foot Spa Package or Salt Scrub

50 minute Swedish Massage

SAVE \$30

*Advanced Student \$87 – LMTs \$92

ACUPRESSURE FACIAL —

This treatment includes gentle pressure and massage to oriental acupoints on the face, neck, scalp & shoulders for a clearing deep relaxation.

TIBETAN REIKI/ENERGY TREATMENT —

This gentle hands on energy treatment relaxes body, mind & spirit while it awakens the core wisdom of your true self for healing deep within your soul.

FOOT SPA PACKAGE —

Pamper your feet with a mineral foot soak followed by a peppermint exfoliating foot scrub, a hot stone foot rub, and lastly a reflexology session.

RELAXING SWEDISH MASSAGE —

The session will help you relax and unwind as we use soothing strokes to allow tension to drift away while improving circulation & breathing.



HEALING MOUNTAIN MASSAGE SCHOOL®