

## ★ Massage with Essential Oils

Combining the healing powers of essential oils with traditional thai massage, this firm massage will sooth tired or tight muscles and leave you feeling very relaxed.

30 mins \$35

60 mins \$55

90 mins \$85



## ★ Deep Tissue Massage

Deep Tissue Massage, as its name says, focuses on the deeper layers of muscle tissue. It is designed to reach the deep sections of thick muscles, specifically the individual muscle fibres. Using deep muscle compression and friction along the grain of the muscle, the purpose of Deep Tissue Massage is to unstick the fibres of the muscles and release both toxins and deeply held tension points. Specific hand positions and strokes are used to respond to various tissues while breath and movement techniques are employed to release muscular congestion. It helps to loosen muscle tissues, release toxins from muscles and get blood and oxygen circulating properly. It is both corrective and therapeutic. It is beneficial for many physical problems, including sports injuries and chronic pain. Because it works very deeply, emotional issues can also be addressed, when these have been stored in the body.

30 mins \$40

60 mins \$65

90 mins \$100

## ★ Traditional Thai Massage

Thai Massage has been practiced for thousands of years. It's a deep tissue massage that relaxes muscles and improves blood circulation. It's perfect for leaving you relaxed and great for work or sport related pain.

30 mins \$35

60 mins \$65

90 mins \$85



**By Appointment Only**  
10am - 7pm Monday to Friday  
10am - 5pm Saturday  
Closed Sunday

