

AVEDA AROMA MASSAGE

All of our massages are fully customizable; this means when you book pick the length of the service you would like and our massage therapists will consult with you prior to your service to make sure you get exactly what you need out of the time you spend together. Whether you want to relax after a long week or if you need a more therapeutic approach for body pain, hot stones for deep knots, Swedish techniques or even a sports massage for athletes. We pride ourselves on providing a feeling not a product.

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| MASSAGE THERAPIST - 30 (Books out for 45 min) | \$90+ |
| MASSAGE THERAPIST - 60 (Books out for 1 hour 15 min) | \$125+ |
| MASSAGE THERAPIST - 90 (Books out for 1 hour 45 min) | \$160+ |

PRENATAL MASSAGE

Massage is great for both parent and child and a wonderful relief from some of the daily discomforts that come with pregnancy. Our massage therapist perform side-lying prenatal massages. Must be out of 1st trimester. Please always seek guidance from your medical professional before receiving treatments while pregnant.

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SCALP MASSAGE ADD-ON

Add an additional 15 minutes of deep relaxation with this scalp massage add-on.

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| MASSAGE THERAPIST (15 min added onto another service) | \$20+ |
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PERFORMANCE SPORTS MASSAGE

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| MASSAGE THERAPIST - 90 (Books out for 1 hour 45 min) | \$185+ |
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