

# PROPER HEALTH

## MASSAGE MENU



### *swedish*

This treatment is a more soothing massage that uses light pressure. This technique promotes deep relaxation, a more restful sleep pattern, less anxiety and recovery.

**30 MINS \$55   60 MINS \$99   90 MINS \$140**

### *prenatal*

This massage is for pregnant women after their first trimester. It addresses the special needs and stress areas of pregnant women such as swollen hands and feet, exhaustion, discomfort in the lower back, and emotional changes.

**60 MINS \$110**

### *deep tissue*

This technique involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues. This helps to break up scar tissue that forms following an injury and reduces tension in muscles and tissues.

**60 MINS \$115   90 MINS \$160**

### *sports*

Sports massage often involves kneading and grasping of muscles and other soft tissues. This massage is not a gentle procedure but it focuses on repair of injured muscles and recovery from sports injury.

**30 MINS \$60   60 MINS \$110   90 MINS \$150**

### *foot*

A foot massage is used on the muscles located around the front and back of the feet. Techniques such as acupressure, reflexology, frictions, skin rolling are applied.

**30 MINS \$60   60 MINS \$110   90 MINS \$150**

### *head and scalp*

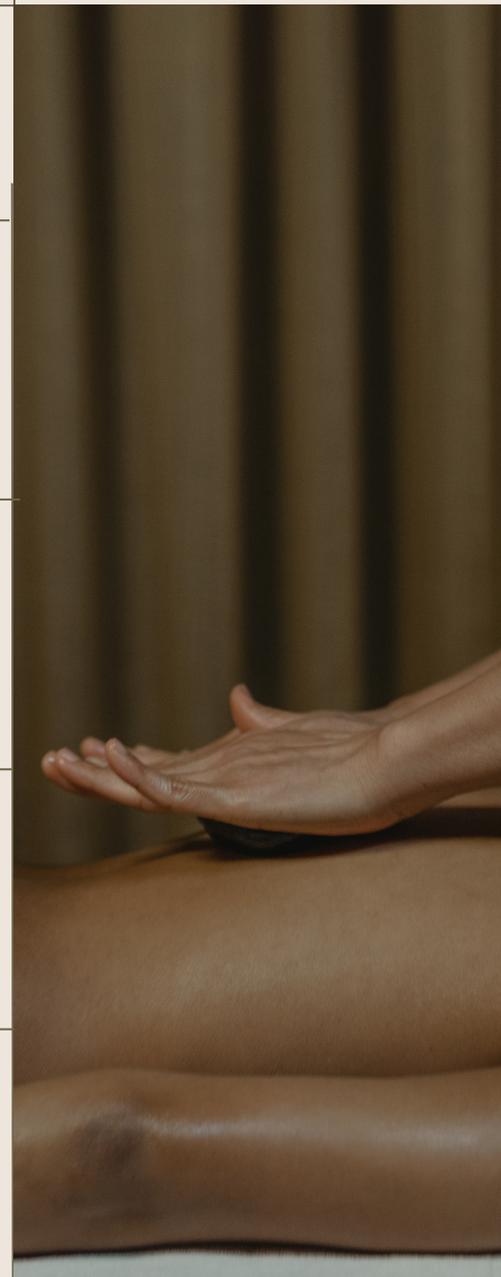
Massaging the scalp can help stimulate nerves and blood vessels around the area and begin to calm muscle tension around the head. Natural oils and a jade mask are utilized in the procedure.

**45 MINS \$90**

### *hot stone*

Hot Stone massages are used to relieve muscle tension. Smooth, heated stones are placed on certain points on the body to warm and loosen tight muscles and balance energy centers.

**60 MINS \$110   90 MINS \$145**



### *add ons*

**ESSENTIAL OILS- \$5  
DEEP BLUE- \$10  
EVIL BONE WATER- \$7  
MAGNESIUM CREAM- \$10**

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DISCOUNT - 10% OFF**