

SACRED SPACE



Stress Management Massage

Stress management (Swedish) massage employs a system of long relaxing strokes as well as various techniques on the superficial layer of muscle. It promotes general relaxation, improves circulation and relieves muscle tension.

1-hour session.... \$65

90-minute session.... \$90

Deep Tissue Massage

Deep tissue massage utilizes a combination of techniques that allow movement beyond the superficial layer of muscle. It reduces the formation of scar tissue, eliminates chronic muscle pain and re-educates muscles experiencing injury, RIS, or trauma.

15-minute session.... \$25

30-minute session...\$45

Aromatherapy Massage

Aromatherapy is the use of essential oils to treat the mind, body and soul. Essential oils are applied topically as well as inhaled. A 60-minute relaxation massage combined with personalized synergies of the purest essential oils promotes the deepest relaxation and well being.

1-hour session...\$75

Cranio-sacral Therapy

Cranio-sacral therapy is a gentle and effective modality that focuses on freeing the restrictions of the cranio-sacral system. This system consists of the membranes and the cerebrospinal fluid that surrounds and protects the brain and spinal cord. The therapist uses light touch to encourage and strengthen the body's natural ability to heal itself. Cranio-sacral therapy effectively alleviates migraines, chronic fatigue, TMJ, infantile disorders, learning disorders and many other conditions.

1-hour session.... \$75

Hot Stone Massage

Stone therapy is a Native American healing therapy. Hot stone massage incorporates massage techniques with heated basalt stones. The heat and planetary energy force of the stones soothe deep-seated muscle tension as well as restore a sense of balance and calm.

90-minute session.... \$95

Rain Drop Technique

Raindrop Technique is a sequence of anointing with oils and laying on of hands that brings structural and electrical alignment to the body in a relaxing and invigorating manner through the power of essential oils. The session includes Tibetan Reflexology and the use of therapeutic grade Young Living Essential Oils.

1-hour session.... \$85

Reiki

Reiki is an ancient laying-on-of-hands healing system that channels the Universal Life Force which flows through all living things. Reiki is a non-invasive gentle treatment that focuses on balancing the chakras or the body's subtle energy centers.

30-minute session.... \$30

1-hour session....\$50