

Massage Therapy

Massage Services

Swedish Massage is a system of long rhythmic strokes, kneading and friction techniques on superficial layers of muscles, combined with active and passive movements of the joints.

½ hr: \$55 1 hr: \$90 1½ hr: \$130

Shiatsu is an oriental-based system of finger-pressure, which treats special points along the body's "meridians" (the invisible channels of energy flow), restoring internal balance.

1 hr: \$90 1½ hr: \$130

Acupressure works by using acupoints located in the muscles and fascia to help provide a deep yet gentle release tension and pain. It is a powerful stress reduction as well.

1 hr: \$90 1½ hr: \$130

Deep Tissue releases chronic patterns of tension in the body through slow strokes and deep pressure on contracted areas and trigger points. It facilitates the breakdown of adhesions and addresses the deeper layers of muscle and connective tissue.

½ hr: \$65 1 hr: \$95 1 ½ hr: \$140

Sports Massage is primarily directed towards athletes. Its focus is on the muscles that are used for a particular event or activity. This technique includes pre-event, post-event and maintenance techniques, that promote greater athletic endurance and performance, decreases the chances of injury and reduce recovery time.

½ hr: \$55 1 hr: \$90

Chair Massage provides all the same benefits as a Swedish, Deep Tissue and Shiatsu session for those who are limited for time.

¼ hr: \$20 ½ hr: \$50

Pregnancy Massage supports the expectant mother so that she can comfortably relax even in her second or third trimester. During pregnancy the human body undergoes many changes, some of them stressful and very uncomfortable. Massage addresses common aches and soreness associated with pregnancy.

1 hr: \$90 1½ hr: \$130

Reflexology is based around a system of points in the hands and feet thought to correspond to all areas of the body.

½ hr: \$50

Myofascial Release is a traction technique that releases tension from the body's connective tissue, freeing constrictions/blockages. MFR aids in poor posture, injury, illness, stress and restores balance to the body.

½ hr: \$65 1 hr: \$95 1½ hr: \$140

Cranio-Sacral Therapy releases restrictions in the cranial system and spinal cord, relaxing the entire body. It is effective in alleviating headaches, migraines, stress and chronic fatigue.

½ hr: \$65 1 hr: \$95

Manual Lymphatic Drainage is a type of gentle massage which is intended to encourage the natural circulation of the lymph fluid through the body. It is a rhythmic technique that reduces swelling from injury, surgery and mastectomies. It is very helpful in detoxing the system.

1 hr: \$95 1 ½ hr: \$140

Hot Stone Massage has a powerful metasthetic energy that is world renowned for promoting harmony and balance. Warm stones are gently placed on your body and massaged as one element, melting away stress.

1½ hr \$150

Non-Members Welcome.

For additional information, contact Debbie Kimbrough, LMT at (914) 733-4064.