



## Massage Menu

**PLEASE SEE our Massage Memberships and Special Gift Certificate Offers**

### Most Popular

#### **Our Signature Massage**

**\$85**

The most commonly known and used form of massage in the U.S., this **Swedish** massage employs vibration, tapping, kneading, stroking and friction to relax muscles and enhance oxygen flow. This technique promotes flexibility and relaxation, eases aches and pains and is even being researched for its benefits to osteoarthritis patients. It involves long gliding strokes, usually with oil, along the muscles.

#### **Deep Tissue Massage**

**\$85**

People with sports injuries and joint conditions tend to benefit from connective tissue massage. This type of massage focuses on the connective tissues, which fill the spaces between muscles and fibers and injure easily. The strokes in this massage are slow and involve intense pressure, warming the muscle tissue. The technique can break up scar tissue and relieve chronic tension.

#### **Sports Massage**

**\$85**

A technique recommended for active people, the sports massage can be a regular part of an athlete's conditioning program, along with exercise and training. Sport massage often includes portions of Swedish and Shiatsu massage and is usually adapted to the player and his or her sport. Benefits include a reduction in pain and swelling and increased energy and flexibility.

#### **Prenatal, Postpartum Massage**

**\$90**

During pregnancy, a woman's weight gain puts strain on her body, especially her back. Massage can ease discomfort, relieve tension and increase blood circulation, as well as reduce fatigue. After birth, it can be used to help women realign their body skeletal system and release muscle tension. These kinds of massages often use a customized Swedish technique. **(Initial Only 45 minutes)**

#### **Trigger Point Massage**

**\$90**

Not the most comfortable kind of massage, the trigger point technique applies pressure to the body's painful knots. Moderate pressure releases knots, which may develop over time due to long-term strain or follow an accident. This kind of therapy can increase your range of motion, reduce stiffness and improve circulation. patients require several treatments over a period of time.



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**\*\*\*\* New Patient Special: One (1) Hour: \$69 \*\*\*\***

**60-minute Massage \$85** (depending on type-See Massage Menu)

**90-minute Massage \$130** (\$90 introductory Rate)

**\*\*\* Add on Massage: One (1) Hour: \$55 \*\*\***  
(Must be used on same day as Full-Paid Chiropractic Treatment)

## Massage Memberships

**No Commitment \* Cancel anytime \* Share with Friends & Family**

**THRIVE Member - 1 hour/month - \$69/month**

**Platinum Member - 2 hours/month - \$130/month**

**Signature Member - 4 hours/month - \$240/month**

## Special Gift Certificate Offers

**Buy 5 get 1 Hour Free**

-or-

**Buy 10 get 3 Hours Free**

**Cancellation Policy: For appointments with a licensed acupuncturist and massage therapists, any cancellations made with less than 24 hour notice will result in \$20 fee per 30 minutes of scheduled treatment.**

**\*\*\*ALL MASSAGE TIMES INCLUDE 5 minutes BEFORE and AFTER for Dressing\*\*\***

**\*\*Additional \$5 per 30 minutes of Lymphatic Massage may apply to all rates\*\***

**Most PPO Insurance cover Therapy offered at Thrive, please talk to our Amazing Thrive Staff to see if you qualify!!!!**