



## ***Massage Menu***

*Please our Massage Memberships and Special Gift Certificate Offers*

### ***Most Popular***

#### **Our Signature Massage**

\$89 for 60 minutes

\$135 for 90 minutes

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.

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

\$89 (60 minutes only)

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 may be only 45 minutes depending on pregnancy status)

#### **Lymphatic - MILPITAS ONLY**

\$99 (Introductory Rate/60 Minutes)

\$149 (90 Minutes)

Massage therapists use manual lymphatic drainage to manipulate the body's lymph flow through a technique of rhythmic pumping. The lymphatic system helps the body filter out toxins. When clogged, it can lead to pain and soreness. This type of massage has been shown to help heal acute injuries, heal the skin and prevent illness. Drinking water will aid in the process of flushing out your system.

#### **Deep Tissue Massage**

\$99 (60 minutes only)

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.



## **Massage Pricing:**

**60-minute Massage \$89**

**90-minute Massage \$135**

**\* New Patient Special: One (1) Hour: \$75 \***

**\*\* Add on Massage: One (1) Hour: \$69 \*\***

**(Must be used on same day as Full-Paid Chiropractic Treatment)**

**\*\*\* Massage Special Gift Certificate Offers \*\*\***

**Buy 6 get 1 Hour Free**

**Buy 10 get 2 Hours Free**

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

## **Acupuncture - Milpitas ONLY:**

**One Session: \$89** (average office time of 65 minutes)

**\*\*\* New Patient Special: First Session \$75 \*\*\***

**Six Session Package: \$480** (\$80 per treatment)

**Ten Session Package: \$750** (\$75 per treatment)

***The above pricing reflects a 30-60% discount of our Normal and Custom rates for paying at time of service with accounts keeping a zero balance at all times.***

**Cancellation Policy: For appointments with a licensed acupuncturist and certified massage therapist, any cancellations made with less than 24 hour notice will result in a \$25 fee per 30 minutes of scheduled treatment. NO REFUNDS ONCE THERAPY SESSION HAS BEGUN**