

# MASSAGE & BODYWORK

## SWEDISH MASSAGE:

Light to firm pressure. Most common relaxation massage.

30 MINUTES \$30 | 60 MINUTES \$60 | 90 MINUTES \$85 | 120 MINUTES \$115

## THERAPEUTIC DEEP TISSUE MASSAGE:

Firm pressure with focus on problem areas and trigger points.

30 MINUTES \$35 | 60 MINUTES \$70 | 90 MINUTES \$105 | 120 MINUTES \$135

## HOT STONE MASSAGE:

Hot stones used for a relaxing and therapeutic massage.

60 MINUTES \$85 | 90 MINUTES \$110

## HOT BAMBOO MASSAGE:

Heated bamboo rods combined with massage for heat and pressure.

60 MINUTES \$70 | 90 MINUTES \$105

## DOUBLE MASSAGE:

Enjoy a relaxing massage for two in the same room, at the same time.

60 MINUTES \$130 | 90 MINUTES \$190

## MYOFASCIAL RELEASE THERAPY:

Gentle pressure to relieve myofascial tissue restrictions.

30 MINUTES \$35 | 60 MINUTES \$65 | 90 MINUTES \$100

## STRETCHING:

A combination of stretching and assisted poses on the massage table.

30 MINUTES \$35 | 60 MINUTES \$70 | 90 MINUTES \$105

## SPORTS MASSAGE:

Massage therapy for sports injuries and/or preventative care.

30 MINUTES \$35 | 60 MINUTES \$70 | 90 MINUTES \$105

## CUPPING MASSAGE:

A form of alternative medicine that uses cups on target areas for suction.

60 MINUTES \$75 | 90 MINUTES \$110 | ADD ON \$10

## PREGNANCY MASSAGE:

Focuses on the special needs of the mother to be.

30 MINUTES \$35 | 60 MINUTES \$65 | 90 MINUTES \$100

**ELITE HANDS:** Hand massage, reflexology points, scrubs & hot towels. 30 MINUTES \$35

**HAPPY FEET:** Foot massage, reflexology points, scrubs and hot towels. 45 MINUTES \$45

**CHAIR MASSAGE:** Fully clothed service while seated in massage chair. 30 MINUTES \$35

**SCALP TREATMENT:** A scalp massage and wash using essential oils. 30 MIN \$45

## NEW CLIENT

### SPECIAL

60 MINUTE SWEDISH MASSAGE  
ONLY \$45

\*\*\*CALL TO INQUIRE ABOUT OTHER  
MONTHLY SPECIALS\*\*\*

BOOK YOUR  
APPOINTMENT  
ONLINE!

[BstrongBhealthy.com](http://BstrongBhealthy.com)

Click BOOK NOW!

SHOP ONLINE!

SHOP SMART...

Visit our online wellness store.  
With access to HUNDREDS of  
quality brands you'll find exactly  
what you're looking for.

[welivate.me/health-cove](http://welivate.me/health-cove)

## MEMBERSHIPS

### AVAILABLE!

Members save 15% off every  
service and in store/online pur-  
chases. PLUS MORE!

## \$129/YEAR

\*Most services are available to minors  
with additional release and parental su-  
pervision. Pregnant women are required  
to sign an additional release, and preg-  
nancy service supersedes all other ser-  
vices. Please arrive 15 minutes before  
your scheduled appointment time. A \$25  
same day/no call no show cancellation  
fee applies. See website for more details.

# ENERGY SERVICES

## REIKI SESSION:

Balancing energy using touch, for physical and emotional well  
being. 30MIN \$35 | 60 MIN \$65

## MEDITATION SESSION:

Private or group meditation (Up to 6 people) 45 MIN \$60

## RAINDROP TECHNIQUE:

Energy balancing and light massage using specific essential  
oils. 60 MIN \$100

# ADD ON SERVICES

## ADD THE FOLLOWING TO ANY SERVICE

**CUPPING:** Cup usage on specific target areas. \$10

**GUA SHA:** Strokes with a Jade board to improve circula-  
tion in specific target areas. \$10

**PARAFFIN:** Warm, moisturizing hand treatment. \$20

# OTHER SERVICES

## IONIC FOOT BATH:

Removes toxins and rejuvenates the whole body.

1 SESSION \$35 | 5 SESSIONS \$150 | 10 SESSIONS \$250

## WELLNESS DISCUSSION:

Not sure what you're looking for? Make an appointment  
with our Certified Life Coach to help you define your needs.

30 MIN SESSION \$35

# HEALTH COVE

Check out our wellness boutique. We offer vitamins, supple-  
ments, personal care products, a large selection of essen-  
tial oil products, a wide variety of CBD products, DIY recipes  
and bundles, a full service coffee and tea bar with CBD in-  
fused coffee, unique gifts, healing stones, spiritual items,  
handmade products, jewelry and much more!