

Massage Services



GENERAL SERVICES

SWEDISH, WHOLE BODY
RELAXATION, DEEP TISSUE,
TRIGGER POINT, SPORTS,
PRENATAL, GERIATRIC, INJURY

SPECIALIZED SERVICES

GENTLE RELIEF/MYOFASCIAL

Safe and effective hands-on technique applying gentle sustained pressure into tissue restrictions to eliminate pain and restore motion.

HEADACHE RELIEF/CRANIOSACRAL

Gentle techniques addressing the bones of the head, spinal column and sacrum that offers effective relief for headaches, TMJD, back and neck pain.

ACHING FEET/REFLEXOLOGY

Reflexology applies pressure to areas in the hands and feet called "reflex zones", which relieves stress, addressing conditions of the feet and ankles.

ANXIOUS MIND/MEDITATIVE

Through guided meditation, a generalized relaxation massage addresses anxiety and depression.

TABLE STRETCH

Using the most advanced research, Dr. Synstelien will provide assisted stretching to increase flexibility, muscle balance, joint elasticity, and deep breathing to relax your mind and body.

\$20 for 30-minute add-on to massage
\$30 standalone session

GENERAL PRICING

\$45 FOR 30 MINUTES

\$75 FOR 60 MINUTES

\$100 FOR 90 MINUTES

ADD ONS TO MASSAGE

Aromatherapy \$10
Hand Scrub and Hot Towel \$10
Foot Scrub and Hot Towel \$10
Peppermint Scalp Massage \$15
Hot Stone Massage \$20

MOBILE MASSAGE

Corporate Events
Employee Appreciation Days
Retreats
Bridal/Baby Showers/Parties
Couples