

Non-Cannabis Massages
available as well



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REIKI

SOUND HEALING

Soothing Canna Massage and Wellness

42718 Moonridge Road, Suite #10 Big Bear Lake, California 92315, United States

909-863-3020 · soothingcannamobiles.com

*A travel fee of \$10 per therapist will be added to your mobile service when booked in the Big Bear Valley and \$40 per therapist will be added to mobile services outside of our home base of the Big Bear Valley.
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Services and Rates



Swedish

Swedish Massage is extremely therapeutic as it decreases muscle toxins, increases oxygen levels in the blood, and improves flexibility in the body. This type of massage focuses on muscle relaxation, targeting muscles (rather than the connective tissues targeting in deep-tissue massage) and increasing blood circulation.

30 Minutes \$65
60 Minutes \$110
90 Minutes \$150
120 Minutes \$190



Deep Tissue

Deep Tissue Massage reaches deeper layers of muscles tissue, tendons and fascia (the protective layer surrounding muscles, bones and joints). This massage is beneficial for athletes and those who sit for long periods of time. It reduces stress hormone levels, boosting mood and relaxation by triggering the release of oxytocin and serotonin.

30 Minutes \$70
60 Minutes \$120
90 Minutes \$165
120 Minutes \$210



Sports Massage

Sports Massage is a type of massage designed for highly active people who engage in athletics. Sports Massage enhances performance and prolongs a sports career by helping to prevent injury, reduce pains and swelling in the body, relax the mind, increase flexibility, and dramatically improve recovery rates.

30 Minutes \$65
60 Minutes \$110
90 Minutes \$150
120 Minutes \$190

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Reflexology

Reflexology is the application of appropriate pressure to specific points and areas on the feet, hands, or ears. Reflexologists believe that these reflex points correspond to different body organs and systems, and that pressing them creates real benefits for the person's health.

30 Minutes \$65
60 Minutes \$110
90 Minutes \$150
120 Minutes \$190



Trigger Point Therapy

Trigger point therapy is a bodywork technique that involves the application of pressure to tender muscle tissue in order to relieve pain and dysfunction in other parts of the body. It may also be called myofascial (myo meaning muscle, fascial meaning connective tissue) trigger point therapy.

30 Minutes \$65
60 Minutes \$110
90 Minutes \$150
120 Minutes \$190



Prenatal Massage

Prenatal massage is therapeutic bodywork that focuses on the special needs of the mother-to-be as her body goes through the dramatic changes of pregnancy. It enhances the function of muscles and joints, improves circulation and general body tone, and relieves mental and physical fatigue.

30 Minutes \$65
60 Minutes \$110
90 Minutes \$150
120 Minutes \$190

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Couples Massage Rates



Couples Massage at the same time

Relax and unwind with a couples massage with 2 Massage Therapists at the same time.

60 Minutes \$220
90 Minutes \$300
120 Minutes \$380

*Deep Tissue is an extra \$5-\$20 depending on length of massage



Couples Massage one at a time

Relax and unwind with a couples massage done one at a time while the other relaxes with 1 Massage Therapist.

30 Minutes \$110
60 Minutes \$200
90 Minutes \$280
120 Minutes \$360

*Deep Tissue is an extra \$5-\$20 depending on length of massage

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Sweetheart Packages



1.) *Twosome Repose* consists of a 30-minute couples massage that comes with a complimentary 4oz love candle and bath bomb in a gift box.

\$155

2.) *Sweethearts Bliss* consists of a 1-hour couples massage that comes with complimentary 2 CBD Bath bombs, and a 4oz love candle in a gift box.

\$315

Our couples packages contain hot stones which are used on your back, neck, and shoulders paired with aromatherapy leaving you feeling relaxed, tranquil, and easing tense muscles. Each package includes champagne or tea, 2 single red roses, chocolate-covered strawberries, or a box of chocolates.

A Sweetheart Package is a great way to connect with your partner and get some much-needed rest and relaxation while visiting beautiful Big Bear Lake.

3.) *Love Birds Nirvana* consists of a 90-minute couples massage that comes with complimentary 2 CBD bath bombs, 1oz body cream and 2 4oz love candles in a gift box. This Canna Spa treatment is called The Mary Jane Special which consists of a 1-hour massage and a 30-minute Soothing Canna Foot treatment.

\$420

4.) *Honeymooners Delight* consists of a 2-hour couples treatment that comes with complimentary 2 CBD bath bombs, 2 4oz love candles and 2 1oz body creams in a gift box. This Canna Spa Treatment is called the Kush Deluxe which consists of a 15-minute Canna Footbath followed by a 90-minute Canna Massage, hot stones on your back, neck, and shoulders, aromatherapy, and 30-minute Soothing Canna Foot Treatment.

\$500

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Add-Ons

Level up your Canna Massage with these Amazing Add-Ons!



CBD/THC Scalp Treatment
Add-On \$15

CBD/THC Scalp Treatment will increase relaxation, blood flow, aids feeding and strengthening of the hair follicles. In addition, this amazing Scalp Treatment helps calm sensitive scalp, strengthen weak or brittle hair and replenish moisture.



Canna Footbath
Add-On \$15

Immerse your feet in a tub of warm water and choose from a Full Spectrum (THC & CBD) or CBD Bath Bomb to soak your feet in. A foot soak is perfect for those who are on their feet all day and suffer from muscle and nerve pain. This service will be done 15 minutes before your massage service.



Hot Stones
Add-On \$10

Experience the soothing heat of smooth basalt stones radiating deep into the muscles, melting away tension and stress. These stones are used on the back, neck and shoulders. It's used to help you relax and ease tense muscles and damaged soft tissues throughout your body.

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30-Minute Soothing Canna
Foot Treatment \$55

Enjoy a reflexology foot massage teamed with a Canna sugar scrub paired with steamed towels along with heated booties. This is a perfect combo for those constantly on their feet and suffering from chronic foot pain as this service improves blood circulation, promotes relaxation and leaves your feet feeling smooth and soft.



30-Minute CBD/THC
Scalp Treatment \$55

CBD/THC Scalp Treatment will increase relaxation, blood flow, aids feeding and strengthening of the hair follicles by massaging the scalp with our oils infused with cannabis. In addition, this amazing scalp treatment helps calm sensitive scalp, strengthen weak or brittle hair and replenish moisture. Leaves the scalp feeling refreshed and relaxed.

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Canna Spa Treatments

Unwind with a Soothing Canna Spa Treatment



Canna Bliss Foot Treatment \$125

Enjoy a reflexology foot massage teamed with a canna sugar scrub paired with heated booties and a canna foot soak. This 75-minute service includes a 15-minute Canna Footbath, 60-minute Soothing Canna Foot Treatment, aromatherapy, scalp and hand massage. Canna Bliss Foot Treatment is perfect for those who suffer from chronic foot pain and are on their feet constantly.



“Hot Stoner “ Canna Massage \$165

Enjoy a 90-minute full-body hot stone massage and experience the soothing heat of smooth basalt stones radiating deep into the muscles, melting away tension and stress. Hot stones, when coupled with massage, also help to expand blood vessels, which encourages blood flow throughout the body. The “Hot Stoner “ helps you relax, ease tense muscles and damaged soft tissues throughout your body.



Mary Jane Special \$165

The Mary Jane Special is the perfect reset button that leaves you feeling rested, renewed and relaxed. In this 90-minute service, you will experience a 1-hour Canna Massage, hot stones on your back, neck and shoulders, aromatherapy, and 30-minute Soothing Canna Foot Treatment. This service is effective in helping you relax and ease tense muscles and damaged soft tissues throughout your body.

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Kush Deluxe

\$225

Immerse your body in a tranquil 2-hour Canna Spa Treatment leaving your body feeling revitalized and regenerated. In this service, you will experience a 15-minute Canna Footbath followed by a 75-minute Canna Massage, hot stones on your back, neck, and shoulders, aromatherapy, and 30-minute Soothing Canna Foot Treatment. Level up your Canna Spa Treatment experience with the Kush Deluxe.



Reefer Madness

\$255

Get lifted with the ultimate Canna Spa Treatment called the Reefer Madness that makes you feel like you blasted to the moon and back. In this 2-hour and 30-minute service, you will experience a 15-minute Canna Footbath followed by a 90-minute Canna Massage, hot stones on your back, neck, and shoulders, 30-minute Soothing Canna Foot Treatment, and 15-minute Scalp Treatment.

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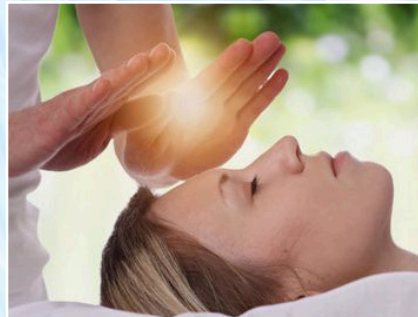
Reiki Healing Energy

Balance and unblock your Chakras with Reiki Healing Energy



Reiki infused Canna Massage \$150

Enjoy Reiki Healing Energy for those seeking spiritual life force energy infused with their Canna Massage. This 90-minute session is an excellent combination to help realign your mind, body, soul, and spirit leaving you feeling centered, balanced and restored. Reiki infused Canna Massage is great for those who need healing both spiritually, emotionally, mentally and physically.



60-minute Reiki Session \$100

Experience total Reiki Healing Energy to balance your chakras, detox your energy fields, and release blockages. Selia Jimenez uses universal energy to help release negativity, easing stress and anxiety, and improving mental health. Reiki is commonly known as spiritually guided life force energy, and is administered by Reiki Practitioner through hands-on and hands-off techniques.



Distance Reiki \$60

Distant Reiki or distance healing works just the same as a traditional Reiki session. The only difference is Selia does not need to be in the same location as the person receiving Reiki. Your session takes place in real-time in the comfort of your home while your Reiki practitioner uses various hands-off healing energy techniques from a remote location. This service is a 30-minute session and is a great way to send Reiki healing energy to loved ones who are far away.

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Sound Healing Experiences



Sound Bath Immersion

The Sound Bath Immersion is done on the massage table with small stools that connect to the table allowing you to feel the vibrations and healing power of 432hz Crystal Sound Bowls along with chromotherapy of the Crystal Light Therapy to open, activate and cleanse your chakras. In this treatment, you will experience the frequency healing of Crystal Sound Bowls, Universal Gong, Earth, and Water chimes paired with Crystal Light Therapy. These instruments will help silence the mind, melting away boundaries between awake and being asleep. The rhythmic sound oscillations facilitate the movement of energy through the body to deliver a deep energetic reboot of the nervous system. Sound Bowls along with chromotherapy of the Crystal Light Therapy to open, activate and cleanse your chakras. This treatment can be added to any massage or Canna Spa Treatment to enhance your Canna Massage experience.

30 minutes \$60

60 minutes \$100

90 minutes \$140

Set up fee of \$55 when booked as mobile service.



Frequency Sound and Healing Experience

Immerse your body in a tranquil 2.5-hour treatment called Frequency Sound and Healing Experience. Instruments used in this treatment will help silence the mind, melting away boundaries between awake and being asleep while chromotherapy of the Crystal Light Therapy will open, activate and cleanse your chakras. The rhythmic sound oscillations facilitate the movement of energy through the body to deliver a deep energetic reboot of the nervous system. The Frequency Sound and Healing Experience begins with 45 minute Sound Bath Immersion to help clear energetic fields and activate chakras followed by a 30-minute Reiki session to balance and align chakras as well as cutting attachments and is finished off with a 75-minute Canna Massage with hot stones. This special blend of modalities helps you achieve Hypnagogia which is a transitional state of consciousness between wakefulness and sleep that helps you tap into the subconscious mind to manifest and heal deep wounds.

2.5 hour \$255

Set fee of \$55 when booked as a mobile service.

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Sound Healing Experiences

Sound Bath Meditation

Sound Bath Practitioner Selia Jimenez will take you on a journey of sound and vibrational healing putting you into a meditative state of consciousness between sleep and awake. In this treatment, you will experience the frequency healing of Crystal Sound Bowls, Universal Gong, Earth, and Water chimes. A Healing Sound Bath gives your body a chance to be washed over by various transcendental and calming sound combinations, clearing the subconscious of energetic blockages while nourishing each of our individual cells. This treatment is done while in Savasana yoga position either laying down on a yoga mat, blanket, or in a reclining position.

45 minute \$45

Group discount of 4 or more of \$35 per person

Set up Fee of \$25 if booked as a mobile service.



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