



Recovery Room Miami

#InYourHome

BODYWORK

Reflexology

A therapeutic method that aims at stimulating pressure points on the soles of the feet to soothe corresponding vital organs and systems of the body

Benefits: Alleviate Pain, Reduce Stress and soothe the nervous system with this calming treatment

60min \$250
75min \$300
90min \$350

PACKAGE OF 5 SESSIONS

60min \$1100
75min \$1300
90min \$1625

The Athlete

Targeted Deep Tissue Treatment

Benefits: Improve athlete's physical and bio-mechanical needs

60min \$280
75min \$335
90min \$400

PACKAGE OF 5 SESSIONS

60min \$1250
75min \$1500
90min \$1750

The Harmony

Relaxing, Swedish-Inspired therapeutic massage

Benefits: Ease Tension, Decrease toxins, Increase oxygen levels in the blood

60min \$250
75min \$300
90min \$350

PACKAGE OF 5 SESSIONS

60min \$1100
75min \$1300
90min \$1625

Thai Stretch

Accupressure, assisted yoga postures, passive stretching

Benefits: Relieve fatigue, increase flexibility and range of motion in muscles and joints

60min \$280
75min \$335
90min \$400

PACKAGE OF 5 SESSIONS

60min \$1250
75min \$1500
90min \$1750

Lymphatic

Manual Lymph Drainage or Electro-Lymphatic Therapy

Benefits: Reduces swelling and inflammation
Enhances Immune System Function
Expedites removal of waste and toxins

60min \$250
75min \$300
90min \$350

PACKAGE OF 5 SESSIONS

60min \$1100
75min \$1300
90min \$1625

Acupuncture

Traditional Chinese Medicine in which thin needles are inserted into the body along your meridian lines. Includes cupping

Benefits: Stress relief, pain management, boost immune, regulate hormones, reduce inflammation and overall holistic health boost

PACKAGE OF 5 SESSIONS: \$1250

Initial Visit: \$350
Per Session: \$300

Yoga

Yoga is an ancient system of physical, mental, and spiritual aspects using techniques such as breathing, postures, relaxation, chanting, and meditation.

Benefits: Improves flexibility, strength, balance, and the quality of life.. helps with stress relief, reduces anxiety, improves mental health, may help improve sleep, cardiovascular functioning and boost immunity.

\$250 PER SESSION

Pack of Five Sessions \$1000

Priority Appointments start at \$450
(Same Day, On Demand)