



# Recovery Room Miami

## #SunsetHarbor

### 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 \$150  
75min \$200  
90min \$250

#### PACKAGE OF 5 SESSIONS

60min \$625  
75min \$875  
90min \$1125

#### Reiki

Japanese form of energy healing used for stress reduction and relaxation

#### Thai Stretch

Accupressure, assisted yoga postures, passive estretching

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

60min \$200  
75min \$250  
90min \$300

#### PACKAGE OF 5 SESSIONS

60min \$875  
75min \$1125  
90min \$1375

#### The Harmony

Relaxing, Swedish-Inspired therapeutic massage

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

60min \$150  
75min \$200  
90min \$250

#### PACKAGE OF 5 SESSIONS

60min \$625  
75min \$875  
90min \$1125

#### 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

\$900  
Initial Visit: \$250  
Per Session: \$200

#### Lymphatic

Manual Lymph Drainage or Electro-Lymphatic Therapy

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

60min \$150  
75min \$200  
90min \$250

#### PACKAGE OF 5 SESSIONS

60min \$625  
75min \$875  
90min \$1125

#### The Athlete

Targeted Deep Tissue Treatment

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

60min \$200  
75min \$250  
90min \$300

#### PACKAGE OF 5 SESSIONS

60min \$875  
75min \$1125  
90min \$1375