

## BUNDLED PACKAGES

*Bundle and save 25% on a package of 4 relaxation or clinical (deep tissue) sessions.  
(Buy 3 sessions, get 1 free)*

Relaxation 1 Hour	<del>\$360</del> \$270
Relaxation 1.5 Hours	<del>\$520</del> \$390
Relaxation 2 Hours	<del>\$680</del> \$510
Clinical 1 Hour	<del>\$440</del> \$330
Clinical 1.5 Hours	<del>\$600</del> \$450
Clinical 2 Hours	<del>\$760</del> \$570

## MEMBERSHIPS

*Join our Monthly Massage Club and enjoy 60, 90, or 120-minute sessions at unbeatable rates.*

1x 1 Hour	\$75
1x 1.5 Hours	\$115
1x 2 Hours	\$155
2x 1 Hour	\$140
2x 1.5 Hours	\$220
2x 2 Hours	\$300

*\*Upgrade to a Clinical ("deep tissue") massage for only \$15 (normally \$20) when you come in for your appointment.*

*Add'l Membership Perks:*

*\*Enjoy \$20 off regular prices for any subsequent monthly bookings (\$5 off during promotions).*

*\*Get 10% off regular priced gift voucher purchases (contact us)!*

# Our Top Priority is to Ensure Your Peace of Mind.



## GET IN TOUCH

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**RED STICK**  
**MASSOTHERAPY**  
therapeutic massage & bodywork

## RELAXATION MASSAGE

### *Light to medium pressure*

Uses long, flowing strokes to ease tension, improve circulation, and promote relaxation. This classic massage is perfect for anyone looking for a little rest and rejuvenation.

1 Hour	\$90
1.5 Hours	\$130
2 Hours	\$170

## CLINICAL MASSAGE

### *Medium to firm pressure*

(aka "Deep Tissue") Designed to relieve chronic muscle tension and improve mobility. A variety of techniques are used to target problem areas and help you achieve optimal wellness.

1 Hour	\$110
1.5 Hours	\$150
2 Hours	\$190

*Clinical Massage sessions may not include the whole body. Relaxation Massages can be upgraded during the session to include more clinical attention, at the client's request.*

## ENERGY SERVICES

Unresolved trauma and stress can lead to persistent feelings of anger or fear, causing chronic muscle tension and pain. The aim of the session is to restore balance to the mind and body by calming anxiety and reconnecting the amygdala.

45 Minutes	\$70
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# MENU OF SERVICES

## ADD-ON SERVICES

Enhance your booking with any of the following additional services:

### AROMATHERAPY

\$15

Choose your preferred essential oil to be blended into the massage lotion. Keep any remaining lotion after your session.

### SINUS + HEADACHE RELIEF

\$15

10 minute service targeting your neck, suboccipitals, and sinus areas on the face. To heighten the experience, a refreshing peppermint essential oil blend is used, which is bound to invigorate your senses.

### GUIDED MEDITATION

\$15

10 minute inner-child guided meditation at the end of the session for calming the mind and bringing awareness back to the body. Feeling stuck or down? This can certainly lift your spirits!

### ISOLATED STRETCHING

\$15

Stretching helps to get the blood flowing to your muscles and to align muscle fibers. Using proprioceptive neuromuscular techniques, muscle lengthening never felt so good. Adds 10 minutes to session time.

### 15 MINUTES TO SNOOZE

\$20

This service is ideal for those who enjoy sleeping on the table. After a massage session, take 15 minutes to snooze and benefit from the massage. You will be gently awakened afterward. Combining this service with a guided meditation offers an energetic transformation.

### REJUVENATING CLAY MASK

\$30

25 minute service. 100% natural green calcium bentonite clay.

Cleans, detoxifies, and rebalances essential nutrients through the skin. You choose whether you want it on the face or on your back, calves, and feet.

### FOOT SOAK + SCRUB

\$30

20 minute foot soak & sugar scrub. Give your feet much-needed rejuvenation while calming your mind. Includes a luxurious electric foot bath, an invigorating sugar scrub (salt alternative available for individuals with diabetes), and a calf massage.

### REFLEXOLOGY

\$35

25 minute service. Reflexology focuses on applying pressure to the specific nerve zones in your feet. According to reflexology, every part of the human body is mapped into your feet. Reflexology treatments have been found to be highly effective for conditions such as allergies, headaches, and depression.

### MOBILE MASSAGE

\$40

Love our massages? Treat yourself to an in-home session. Only \$40 over the studio rate. Must be within 20 miles of zip: 70809.