



340-626-3400

# Massage Academy VI.Com

Massage Wellness & Education

## Swedish Relaxation Massage\*

Swedish relaxation massage will help you relax and relieve muscular tension. This is a light to medium pressure massage. Great to unwind and allow your mind and body to rest.

55 minutes \$95 / 85 minutes \$145

## Deep Tissue Massage\*

This is a deeper pressure massage and will focus on areas of muscular tension. This is great for addressing deeper muscles and allowing the muscle tissue flexibility for more fluid movement.

55 minutes \$115 / 85 minutes \$160

## Gentle Touch Massage

This service is for clients that are on certain medications or have medical conditions that may be contraindicated for traditional massage. A combination of gentle pressure, breathing & relaxing techniques will be incorporated into the session. A Physician's script for massage will be required, which will allow us to provide the appropriate care to help you relax and reach your wellness goals.

55 minutes \$95

## Gua Sha Massage\*

We use a Gua Sha stone to help release tight and restricted muscles. This will allow for a deeper massage and myo-fascial release of tension. We recommend hydrating before and after. Great for old scar tissue release!

55 minutes \$120

## Melt Stress\*

A stress relieving massage to the neck & shoulders, where we carry most of our tension! This treatment is ideally suited for people with chronic muscular neck and shoulder tension. Essential oils help relax muscles as we unlock neck & shoulder restrictions. We begin with a massage to the entire back, neck and shoulders. A detoxification mask with heat is applied to the upper back, neck, and shoulder area. As this softens and relaxes muscles, we provide a foot massage.

55 minutes \$120

## Sports Massage\*

Sports massage has many beneficial effects in athletes. Sports massage can be used pre-performance, post-performance, during training or for rehabilitation. Athletes of all levels may benefit from sports massage.

55 minutes \$120

## Prenatal Massage

A 55 minute gentle session designed to promote stress release, relieve fatigue, pain, tension and stiffness..\*Must be between 12-36 weeks.

55 minutes \$95



# Specialty Therapies

Specialty therapies are provided by our advanced LMT's, Instructors and Wellness Practitioners. They offer unique modalities with specialty focused outcomes for your wellness goals.

## **Lomi Lomi & Structural Integrative Massage**

This service is great to address muscular imbalances. A combination of Lomi Lomi forearm massage & deeper myofascial therapy will allow the therapist to work deeper to help lesson muscular tension and reduce chronic pain. This therapy is usually scheduled in a series of 4 or more sessions for optimal results. The therapist will take a detailed history of symptoms & create a care plan specific to your needs.

85 minutes \$175

## **Sticks & Stones Massage**

Heated sticks of Bamboo and warm stones are integrated for a firm flowing 85 minute heated massage experience. We blend essential oils to help you relax and let go as we work through tight and restricted areas. You will feel relaxed and notice more flexibility after this session.

85 minutes \$175





# Student Massage Services

## **STUDENT- SPECIAL Swedish Relaxation Massage\***

Swedish relaxation massage will help you relax and relieve muscular tension. This is a light to medium pressure massage. Great to unwind and allow your mind and body to rest.

**55 minutes \$50 THROUGH MARCH 2023!**

## **STUDENT- Back Buster Massage\***

No time for a full massage - try our express Swedish relaxation massage. This is a light to medium pressure massage and can fit into your lunch break! Provided by a student

15 Minutes \$20

## **STUDENT- Deep Tissue Massage\***

This is a deeper pressure massage and will focus on areas of muscular tension. This is great for addressing deeper muscles and allowing the muscle tissue flexibility for more fluid movement.

55 minutes \$75

## **STUDENT- Melt Stress\***

A stress relieving massage to the neck & shoulders, where we carry most of our tension! This treatment is ideally suited for people with chronic muscular neck and shoulder tension. Essential oils help relax muscles as we unlock neck & shoulder restrictions. We begin with a massage to the entire back, neck and shoulders. A detoxification mask with heat is applied to the upper back, neck, and shoulder area. As this softens and relaxes muscles, we provide a foot massage.

55 Minutes \$95

Add on:

## **STUDENT - Peppermint Foot Massage**

Add on a 10 minute foot massage to any service. We will add peppermint oil to our lotion for a cool refreshing foot treatment! Treat your feet.

10 minutes \$10



**Note:** Student massage is offered by availability only and will depend on their "hands on clinical class" schedule. You will be asked to fill out an evaluation form after your service. This allows the student to grow by receiving feedback from clients. An instructor may enter the treatment room to observe at times. As students progress we add more options.





**Inquire about our employee wellness programs for 10 or more employees.  
We can help you promote health and wellness for your staff.**

Follow our Face Book and check in with us as we grow our community of Massage Therapists!

*Policies, Cancellations & Important Information.*

*All service times reflect the appointment session. We reserve this time especially for you. If you arrive late, we will have to adjust your session time to be on time for the next client. You will still receive a great massage with the time you have left.*

*NOTE: There is a 100% service fee charge for No Show/Late Cancellation Fee.*

*We require a 24 hour notice if you must CANCEL so we can accommodate another client & fill the therapists schedule. All Prices , Schedules & Services are subject to change without notice\**

*Please inform us of any previous or new health changes, pregnancy, address changes, e mail or phone numbers. We require a health intake E form to be sure we understand your wellness goals.*

*Appointment "session" times reflect approximately 5-6 minutes for you to comfortably prepare for your service as well as a few minutes after your massage. COVID Safe environment - we will follow guidelines to keep our clients, staff & families safe.*

*Some services may not be offered at all times. Services, prices, schedules & availability are subject to change without notice.*

*\*\*Some medical conditions may be contraindicated for massage. Please see our FB & website for updates.*

*\*Not recommended for Pregnancy.*

*We are pleased to help you reach your healthy lifestyle & well-being goals. Schedule online & purchase Gift Certificates using the links on our website or call 340-626-3400 if you have questions. A credit card is required to hold all appointments.*

*An 18% gratuity / service fee will be added to all of our services.*