



Our Top Priority is to Ensure Your Peace of Mind.

### BUNDLED PACKAGES

Bundle and save on a package of 4 sessions.  
(Buy 3 sessions, get 1 free)

#### 4 Session Package

**Duration**

|           |                  |       |
|-----------|------------------|-------|
| 1 Hour    | <del>\$480</del> | \$360 |
| 1.5 Hours | <del>\$640</del> | \$480 |
| 2 Hours   | <del>\$880</del> | \$660 |

Bundle and save on a package of 6 or 12 sessions.  
(Perfect addition to your wellness routine)

#### 6 Session Package (Buy 5 sessions, get 1 free)

**Duration**

|           |                   |        |
|-----------|-------------------|--------|
| 1 Hour    | <del>\$720</del>  | \$648  |
| 1.5 Hours | <del>\$960</del>  | \$864  |
| 2 Hours   | <del>\$1320</del> | \$1188 |

#### 12 Session Package (Buy 10 sessions, get 2 free)

**Duration**

|           |                   |        |
|-----------|-------------------|--------|
| 1 Hour    | <del>\$1296</del> | \$1440 |
| 1.5 Hours | <del>\$1920</del> | \$1728 |
| 2 Hours   | <del>\$2640</del> | \$2376 |



### GET IN TOUCH

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

# MENU OF SERVICES

## CUSTOM MASSAGE

*Each session is fully tailored to you.*

*Whether you're dealing with chronic tension, recovering from physical strain, or simply need to relax, multiple modalities are used to give your body what it needs.*

|            |              |
|------------|--------------|
| 30 Minutes | <b>\$80</b>  |
| 1 Hour     | <b>\$120</b> |
| 1.5 Hours  | <b>\$160</b> |
| 2 Hours    | <b>\$220</b> |

## ENERGY SERVICES

*Unresolved trauma and stress can cause ongoing anger and fear, resulting in chronic muscle tension and pain. The session aims to restore mind-body balance by calming anxiety and reconnecting the amygdala.*

|            |             |
|------------|-------------|
| 45 Minutes | <b>\$80</b> |
|------------|-------------|



## ADD-ON SERVICES

**Enhance your booking with any of the following additional services:**

### AROMATHERAPY

**\$10**

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

### MINI HOT STONES

**\$10**

*Applied to your neck, shoulders, back and legs, these organic tools will enhance your massage and send you into a deeper state of relaxation.*

### 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**

*10-Minute Service - Stretching is an excellent way to enhance blood circulation to your muscles and align muscle fibers. With the use of proprioceptive neuromuscular techniques, muscle lengthening has never been more enjoyable.*

### 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.*

### EXTRA 15 MINUTES OF MASSAGE

**\$30**

*Add 15 minutes of service time to your massage.*

### REJUVENATING CLAY MASK

**\$30**

*100% natural green calcium bentonite clay. Cleans, detoxifies, and rebalances essential nutrients through the skin. You choose whether you want it on your 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 an invigorating sugar scrub (salt alternative available for individuals with diabetes), and a calf massage.*

### MOBILE MASSAGE

**\$150**

*Love our massages? Treat yourself to an in-home session. Only \$150 over the studio rate. Must be within 20 miles of zip: 70809 to avoid add'l mileage fee.*