



Our Top Priority is to Ensure Your Peace of Mind.



GET IN TOUCH

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## BUNDLED PACKAGES

Prepay for a bundle of either 3, 6, or 9 sessions.  
(Perfect addition to your wellness routine)

### 3 Session Package

Duration	
1 Hour	\$360
1.5 Hours	\$480
2 Hours	\$660
2.5 Hours	\$1140
3 Hours	\$1320

### 6 Session Package

Duration	
1 Hour	\$720
1.5 Hours	\$960
2 Hours	\$1320
2.5 Hours	\$2280
3 Hours	\$2640

### 9 Session Package

Duration	
1 Hour	\$1080
1.5 Hours	\$1440
2 Hours	\$1980
2.5 Hours	\$3420
3 Hours	\$3960

RED STICK  
MASSOTHERAPY  
therapeutic massage & bodywork

# MENU OF SERVICES

## BODYWORK RATES

*Each session is fully tailored to you.*

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

30 Minutes	<b>\$80</b>
60 Minutes	<b>\$120</b>
90 Minutes	<b>\$160</b>
120 Minutes (2 Hr)	<b>\$220</b>
150 Minutes (2.5 Hr)	<b>\$380</b>
180 Minutes (3 Hr)	<b>\$440</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>
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## 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.*

### 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

**\$100**

*Love our massages? Treat yourself to an in-home session. Only \$100 over the studio rate. Must be within 10 miles of zip: 70809 to avoid add'l mileage fee.*