



BUNDLED PACKAGES

Prepay for a bundle of 4 sessions @ 10% off
(Perfect addition to your wellness routine)

4 Session Package

Duration

1 Hour	\$480	\$432
1.5 Hours	\$640	\$576
2 Hours	\$880	\$792
2.5 Hours	\$1520	\$1368
3 Hours	\$1760	\$1584

THE PACKAGE ADVANTAGE

- ✓ Save 10%
- ✓ Maintain your progress
- ✓ Stay consistent with your bodywork

Purchase through PocketSuite
or ask Thomas for help.



Our Top
Priority is to
Ensure Your
Peace of Mind.



GET IN TOUCH

8044 Summa Ave
Bldg 2, Suite A
Baton Rouge, LA 70809

(225) 366-9832

Thomas@RedStickMasseotherapy.com
www.RedStickMasseotherapy.com
fb.com/RedStickMasseotherapy

Thomas McLaughlin, LMT
Lic no. LA9797 | E5160

RED STICK
MASSOTHERAPY
therapeutic massage & bodywork

MENU OF SERVICES

BODYWORK RATES

Duration

30 Minutes	\$80
60 Minutes	\$120
90 Minutes	\$160
120 Minutes (2 Hr)	\$220
150 Minutes (2.5 Hr)	\$380
180 Minutes (3 Hr)	\$440

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 to the amygdala.

45 Minutes	\$80
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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 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.