



BUNDLED PACKAGES

Bundle and save 25% on a package of 4 sessions.
(Buy 3 sessions, get 1 free)

4 Session Package

Duration

1 Hour	\$460	\$345
1.5 Hours	\$620	\$465
2 Hours	\$780	\$585

BUNDLED PACKAGES

Bundle and save 15% 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	\$690	\$587
1.5 Hours	\$930	\$791
2 Hours	\$1170	\$995

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

Duration

1 Hour	\$1380	\$1173
1.5 Hours	\$1860	\$1581
2 Hours	\$2340	\$1989

Our Top
Priority is to
Ensure Your
Peace of Mind.



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	\$75
1 Hour	\$115
1.5 Hours	\$155
2 Hours	\$195

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	\$80
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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.

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.

MINI HOT STONES

\$15

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

EXTRA 15 MINUTES OF MASSAGE

\$20

Add 15 minutes of service time to your massage.

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.

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.

REFLEXOLOGY

\$35

A 25-minute reflexology session involves applying pressure to particular nerve zones in the feet, thought to be linked to various body areas. This technique has proven effective in relieving allergies, headaches, and symptoms of depression.

MOBILE MASSAGE

\$100

Love our massages? Treat yourself to an in-home session. Only \$100 over the studio rate. Must be within 20 miles of zip: 70809 to avoid add'l mileage fee.