

# PROMOS

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ASK US ABOUT OUR  
PACKAGE SPECIALS  
&  
PROMOTIONS

SPECIALS & PROMOTIONAL PACKAGES  
ARE AVAILABLE IN-STORE!  
MONTHLY MEMBERSHIP AVAILABLE.  
CALL OR VISIT US TODAY,  
FOR MORE INFORMATION.

Clarkston Spa

## ABOUT US

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Life can be busy and stressful, making it difficult to find healthy ways to cope with its continuous obligations and demands.

That's why it's important to find relaxing ways to release all that tension. Massage therapy is a great way for you to focus on your mental and physical repairs all at the same time.

Clarkston spa is perfectly located in the heart of downtown Clarkston, providing the ability to make your massage experience convenient.

BE OUR GUEST

## CONTACT US



3 E. WASHINGTON ST.  
CLARKSTON MI. 48346



[WWW.CLARKSTONSPA.COM](http://WWW.CLARKSTONSPA.COM)



248.707.6544



## MASSAGE THERAPY

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RELAX  
REFRESH  
RE-IMAGINE

Clarkston Spa



## HOT STONE MASSAGE

A HOT STONE MASSAGE USES HEATED ROCKS PLACED ALONG THE BODY TO RELAX TIGHT MUSCLES RELEASING PRESSURE POINTS. BENEFITS OF HOT STONE MASSAGE INCLUDE: STRESS AND ANXIETY REDUCTION, PAIN RELIEF, MUSCLE RELAXATION, TOXIN RELEASE, MENTAL CLARITY, IMPROVED CONCENTRATION, AND MORE.

30 MIN ----- \$60.00  
60 MIN ----- \$110.00  
90 MIN ----- \$145.00

## DEEP TISSUE MASSAGE

THIS FORM OF MASSAGE IS USED TO RELEASE MUSCLE TENSION. WE ACHIEVE THIS BY USING SLOW, DEEP STROKES AND FRICTION. DEEP TISSUE IS HELPFUL FOR CHRONICALLY TENSE AND CONTRACTED AREAS SUCH AS STIFF NECKS, LOW BACK TIGHTNESS, AND SORE SHOULDERS.



30 MIN ----- \$48.00  
60 MIN ----- \$85.00  
90 MIN ----- \$115.00

## SWEDISH MASSAGE

THIS FORM OF MASSAGE IS A RELAXING METHOD FOCUSING ON THE BODY'S SUPERFICIAL LAYERS. IT'S MOST USED IN LOOSENING TIGHT MUSCLES AND STRETCHING CONNECTIVE TISSUES, RELIEVING CRAMPS AND MUSCLE SPASMS WHILE DECREASING MUSCLE FATIGUE LOOSENING JOINTS AND IMPROVING RANGE OF MOTION.

30 MIN ----- \$45.00  
60 MIN ----- \$80.00  
90 MIN ----- \$110.00



## Clarkston Spa

### MASSAGE ADD ON OPTIONS

ESSENTIAL OILS	\$5.00
PARAFFIN FOR HANDS	\$10.00
PARAFFIN FOR FEET	\$15.00
EMINENCE SCRUBS FOR HANDS/ARMS	\$10.00
EMINENCE SCRUBS FOR LEGS	\$15.00
DEEP CELLULAR HYDRATION TREATMENT	\$15.00
SCALP TREATMENT	\$10.00

### PACKAGE OPTIONS

DO YOU ENJOY A MONTHLY MASSAGE? BECOME A CLARKSTON SPA MEMBER & PURCHASE OUR MEMBERSHIP PACKAGE AT \$75.00 A MONTH, AND SAVE ON 60 MIN MASSAGE, INCLUDING SWEDISH, REFLEXOLOGY, THAI & PRENATAL MASSAGES.

DISCLOSURE: CARD WILL REMAIN ON FILE & CHARGED \$75.00 MONTHLY. YOU MAY ROLLOVER UNUSED MESSAGES AS LONG AS YOU REMAIN IN GOOD STANDING.

### FULL BODY MASSAGE OPTIONS

THE "FULL BODY" MASSAGE FOCUSES ON THE ENTIRETY OF THE BODY: ARMS, HANDS, FEET, LEGS, NECK, BACK, STOMACH, AND BUTTOCK MUSCLES.

### BENEFITS OF MASSAGE THROUGH THE LYMPHATIC SYSTEM

GOOD LYMPHATIC DRAINAGE SUPPORTS YOUR IMMUNE SYSTEM AND CAN IMPACT YOUR OVERALL HEALTH IN A POSITIVE WAY.

LYMPHATIC DRAINAGE IS PERFORMED TO PREVENT COMMON ILLNESSES SUCH AS COLDS AND VIRUSES, WHILE INCREASING HEALING TIME. IT REDUCES WATER RETENTION AND BLOATING. IT ENCOURAGES WEIGHT LOSS BY STIMULATING THE LYMPHATIC SYSTEM, RAISING YOUR METABOLIC RATE & BURNING CALORIES. ALSO USED TO RELIEVE LYMPHEDEMA (WHEN THE BODY SWELLS EXCESSIVELY, NORMALLY IN THE LEGS, FEET, AND ARMS). THIS PROCESS ALSO REDUCES SWELLING AND PUFFINESS, PROMOTES GLOWING, PLUMP AND FIRM SKIN, AND BREAKS DOWN CELLULITE BECAUSE IT ENCOURAGES THE REMOVAL OF FATTY DEPOSITS BENEATH THE SKIN. IT ENCOURAGES BETTER CIRCULATION AND SPEEDS UP SCAR TISSUE HEALING. LAST BUT NOT LEAST, WE PROMOTE LYMPHATIC DRAINAGE NOT JUST FOR HEALTH FUNCTION AND PERFORMANCE, BUT FROM AN ESTHETIC POINT OF VIEW, AS LYMPH MAY ALSO ASSIST IN THE PREVENTION OF CLOGGED PORES, WHILE KEEPING YOUR FACE TONED AND BRIGHT.

## RELEXOLOGY MASSAGE

REFLEXOLOGY INVOLVES THE APPLICATION OF PRESSURE TO THE HANDS, EARS, FACE, SPINE, AND FEET. THE PREMISE OF REFLEXOLOGY IS CERTAIN REFLEXES IN THE BODY SYNC WITH GLANDS, ORGANS, AND SOFT TISSUES, AND THE APPLICATION OF PRESSURE TO SPECIFIC REFLEXES CAN BENEFIT HEALTH AND RELIEVE PAIN.

30 MIN ----- \$45.00  
60 MIN ----- \$80.00  
90 MIN ----- \$110.00



## THAI MASSAGE

THAI MASSAGE IS AN ANCIENT HEALING SYSTEM, COMBINING TRADITIONAL INDIAN AYURVEDIC PRINCIPLES, ACUPRESSURE, AND ASSISTED YOGA STRETCHES AND POSTURES. UNLIKE MANY OTHER FORMS OF MASSAGE THAT USE LOTIONS / OILS WHILE RELEASING MUSCLE TENSION, THAI INVOLVES PULLING, STRETCHING, ROCKING, AND COMPRESSING THE BODY.

30 MIN ----- \$45.00  
60 MIN ----- \$80.00  
90 MIN ----- \$110.00



## PRENATAL MASSAGE

PRENATAL MASSAGE CAN EASE SOME OF THE ACHES AND PAINS OF PREGNANCY WHILE PROMOTING RELAXATION. BENEFITS MAY INCLUDE: REDUCED SWELLING, INCREASED CIRCULATION, EASED MUSCLE AND JOINT PAIN, AND ELEVATED MOOD AND ENERGY, WHICH MAY HELP DECREASE SOME PREGNANCY ANXIETY AND DEPRESSION.

30 MIN ----- \$45.00  
60 MIN ----- \$80.00  
90 MIN ----- \$110.00

