PROMOS

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

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



248.707.6544



MASSAGE THERAPY

RELAX REFRESH **RE-IMAGINE**

Clarkston Spa



HOT STONE MASSAGE

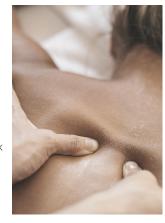
A HOT STONE MASSAGE USES
HEATED ROCKS PLACED ALONG
THE BODY TO RELAX TIGHT
MUSCLES RELEASING PRESSURE
POINTS. BENEFITS OF HOT STONE
MASSAGE INCLUDE: STRESS AND
ANXIETY REDUCTION, PAIN
RELIEF, MUSCLE RELAXATION,
TOXIN RELEASE, MENTAL
CLARITY, IMPROVED
CONCENTRATION, AND MORE.

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 MASSAGES 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 CLOGED 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
MUSCCLE 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

