

Kelly's Health & Wellness Menu

Massage

Therapeutic Massage ~ my specialty... manipulation of the body's soft tissue using a range of massage modalities/techniques, hot towels, and essential oils to stimulate circulation, release muscle tension and assist in relaxation for your mind and body.

Swedish massage ~ a light massage using gliding strokes along with essential oils and hot towels, bringing your mind and body to relaxation. Help with PTSD, those who need a gentle and soft touch.

30 min ~ \$40

60 min ~ \$80

75 min ~ \$95

90 min \$110

Pregnancy or Pre-Natal Massage ~ a therapeutic massage tailored to meet the special needs of the mommy to be, we provide pillows, hot towels, and essential oils to help you find a comfortable place to get off those feet and relax your mind and body.

30 min ~ \$40

60 min ~ \$80

Aromatherapy (60 min) ~ Come experience a 1-hour indulgence of 8 essential oils massaged along your spine and into your back and feet that will leave you feeling peaceful and fully relaxed.

60 min ~ \$80

Sinus, Scalp and Neck Massage – 30 minutes of focus massage on your sinuses, scalp and neck using essential oils and Gua Sha to help eliminate built up stress, leaving you feeling relaxed, refreshed and renewed.

Gua Sha (body or facial) ~ part of traditional Chinese medicine (TCM) in which a tool is used to scrape people's skin in order to produce light petechiae. Practitioners believe that gua sha releases unhealthy bodily matter from blood stasis within sore, tired, still or injured muscle areas to stimulate new oxygenated blood flow to the areas, thus promoting metabolic cell repair, regeneration, healing and recovery. Used on any specific body area in need of release.

30 min ~ \$40

Dry Brushing ~ use of a firm bristled brush to gently exfoliate your skin. Benefits are: detoxifying the skin and promoting lymph flow/drainage, along with stimulating your nervous system, this is a wonderful add on to a massage or by itself. It comes with your own brush to take home after your session.

15 min ~ \$20

30 min ~ \$40

Hand & feet heated booties ~ (add on) ~ Essential oils melted in a bag that is placed onto your hands and feet covered with heated booties.

Add on for \$5

Foot Massage – 35 min of bliss for your feet. 15-minute soak in your choice of premium Epsom, Dead Sea or Himalayan bath salts, 20-minute massage with essential oils and finish with a hot towel wrap.

35 min ~ \$45

Chair Massage

Lunch break... just a little break..... Any break, come and relax with a massage that takes place on a massage chair, designed to take the weight off the spine and give easy access to the head, neck, back, shoulders and arms. The massage is most commonly done over the clothes and does not require oils or creams.

5 min ~ \$5

10 min ~ \$10

15 min ~ \$15

20 min ~ \$20

Wellness Massage Membership

Great opportunity for those who are looking for a wellness massage program.

A credit card will need to be on file for all memberships.

All conditions on a Wellness Massage Membership agreement form.

6-month wellness massage memberships

1 massage per month ~ Receive a \$15 discount off each massage for 6 months, you **must purchase a minimum of 1 massage per month**, any extra massages will be at the same rate.

60 min ~ \$65

90 min ~ \$95

2 massages per month ~ Receive \$20 discount off each massage for 6 months, **you must purchase a minimum of 2 massages per month**, any extra massages will be at the same rate.

60 min ~ \$60

90 min ~ \$90

3-month wellness massage memberships

3 massages per month ~ Receive \$25 discount off each massage for 3 months, **you must purchase a minimum of 3 massages per month**, any extra massages will be at the same rate.

60 min ~ \$55

90 ~ \$85

Packages

(Must be purchased upfront)

Package of (3) 60 min massages \$210 (Save \$30)

Package of (3) 90 min massages \$300 (Save \$30)

Package of (3) Foot Massage \$90 (Save \$30)

Infrared Sauna ~ 2-person pro-10 sauna by Wellness USA.

8 natural energy properties, equipped with Himalayan Salt Tiles, Jade Gemstones, Tourmaline Gemstones, Chromo-lights, Near Infrared Heat, Mid & Far Infrared Heat. Benefits of infrared sauna's include ~ relief of inflammation, stiffness and soreness by increasing blood circulation, infrared heat penetrates deeply to relax muscles and rids them of metabolic waste and brings oxygen to the blood and muscles for faster recovery.

15 min ~ \$20

20 min ~ \$25

30 min ~ \$35

Ear Candling ~ Alternative way to remove ear wax. It is very soothing and relaxing. A 60-minute treatment using 4 candles.

60 min ~ \$50

Chi Machine

The benefits of the Chi machine are:

Muscle pain relief

Increase in local blood circulation

Helps relieve lower back tension

Increases energy & mental focus

Promotes lymph drainage

Passive aerobic exercise

Stimulates the sympathetic nervous system

Can use from 1 - 15 minutes

5 min ~ \$5

10 min ~ \$10

15 min ~ \$15

Life Coaching

Coaching Consultation / Session ~ Are you in need of some help in making a major life decision? Are you looking for greater fulfillment in your life, career, relationships? Need help with clarifying goals, identifying obstacles holding you back, and coming up with strategies for how to overcome them? Then a coaching consultation is for you! My job is simply to help pull up and out the information that is already within you. Book your appointment now for either in person or on the phone.

45 min ~ \$30