
TREATMENT LIST

NECK, BACK & SHOULDERS

30 min: Focused massage for the neck, shoulders and upper back, ideal for everyday muscular tension.

45 min: More time to work through the neck, shoulders and upper back, with additional focus on areas that feel particularly tight or overworked.

TARGETED MASSAGE

35 min: A focused treatment for one area of your choice.

Ideal if a particular area feels tight, tense or overworked and you'd like more time spent there.

50 min: A longer targeted treatment that allows time to focus on one main area or several related areas.

PRE-EVENT MASSAGE

30 min: A short, focused massage designed to help you feel prepared before your event.

A quicker, more purposeful treatment using appropriate faster-paced techniques to prepare the areas you'll be using.

45 min: More time to focus on the key areas you'll be using during your event while keeping the treatment purposeful and dynamic.

Note: Pre-event massage is intentionally quicker and more vigorous. For a slower, more relaxed treatment, please see other Massage options.

POST-EVENT MASSAGE

30 min: A focused post-event treatment designed to help you wind down after physical activity, with attention to the areas worked hardest.

45 min: More time for a thorough post-event treatment, focusing on the areas that have experienced the most work during your event.

Note: This treatment is intended for general post-event care and muscular tension. It is not intended for the treatment of acute injuries or medical conditions.

FULL BODY MASSAGE

60 min: A comprehensive massage combining broader whole-body work with focused attention on areas that feel particularly tight or overworked.

Ideal if you feel like you need a more complete reset rather than focusing on one particular area. Can be tailored more toward relaxation or focused on recovery.