

MASSAGE AND BODYWORK

A photograph showing a person's back being massaged by two hands. The person is lying on their side, and the hands are applying pressure to the shoulder and upper back area.

DESCRIPTIONS AND PRICING

Pricing: 30 min \$45, 45 min \$65, 60 min \$80, 75 min \$95, 90 min \$110

Customized Therapeutic Bodywork: Each treatment is tailored to the client's individual needs, specializing in myofascial release.

Customized Relaxation Massage: De-stress and unwind during this light, slow massage with guided breathing.

Classic Swedish Massage: A full body massage to invigorate and energize using vigorous Swedish techniques and joint range of motion to increase circulation and improve mobility.

Pricing: 30 min \$55, 45 min \$75, 60 min \$90, 75 min \$105, 90 min \$120

Sports Massage: For the active client and athlete for whatever your sport entails. Trigger point, PNF stretching, deep cross-fiber friction, myofascial release and range of motion are some of the techniques that may be used to improve performance and reduce potential injuries.

Clinical Massage: Find relief from chronic pain, tension and tightness caused by injury or overworked muscles. This therapeutic massage focuses on specific problem areas using a variety of advanced techniques. We will adjust the pressure to accommodate your comfort level.

Pre-Natal Massage: Find relief and relaxation during all stages of pregnancy. Pre-natal massage is a gentle and nurturing way to alleviate the discomfort associated with this joyful, yet physically challenging time. Specially designed bolstering and draping allow you to be in a side-lying position, helping you feel secure and comfortable.

Pricing: \$65

Stress Reducer: Decrease stress with a **30 min** focused massage on neck and shoulders. Deep kneading techniques are employed, and pressure points are stimulated during this short, effective treatment. Perfect for those carrying tension in neck and shoulders.

Headache Relief: Detailed **40 min** massage focusing on specific pressure points on the neck and scalp to relieve headaches. Includes massage of the shoulders and upper back.

Rejuvenating Foot Treatment: Perfect for the person who is on their feet all day. The client is fully clothed during this **40 min** session. The feet are massaged with deep friction, with specific pressure on reflexology points.

Find Us at PBH Yoga and Wellness on:

