

Wellness Menu

*Recharge your body,
mind, and spirit.*

Body Treatments

60 Min | 90 Min

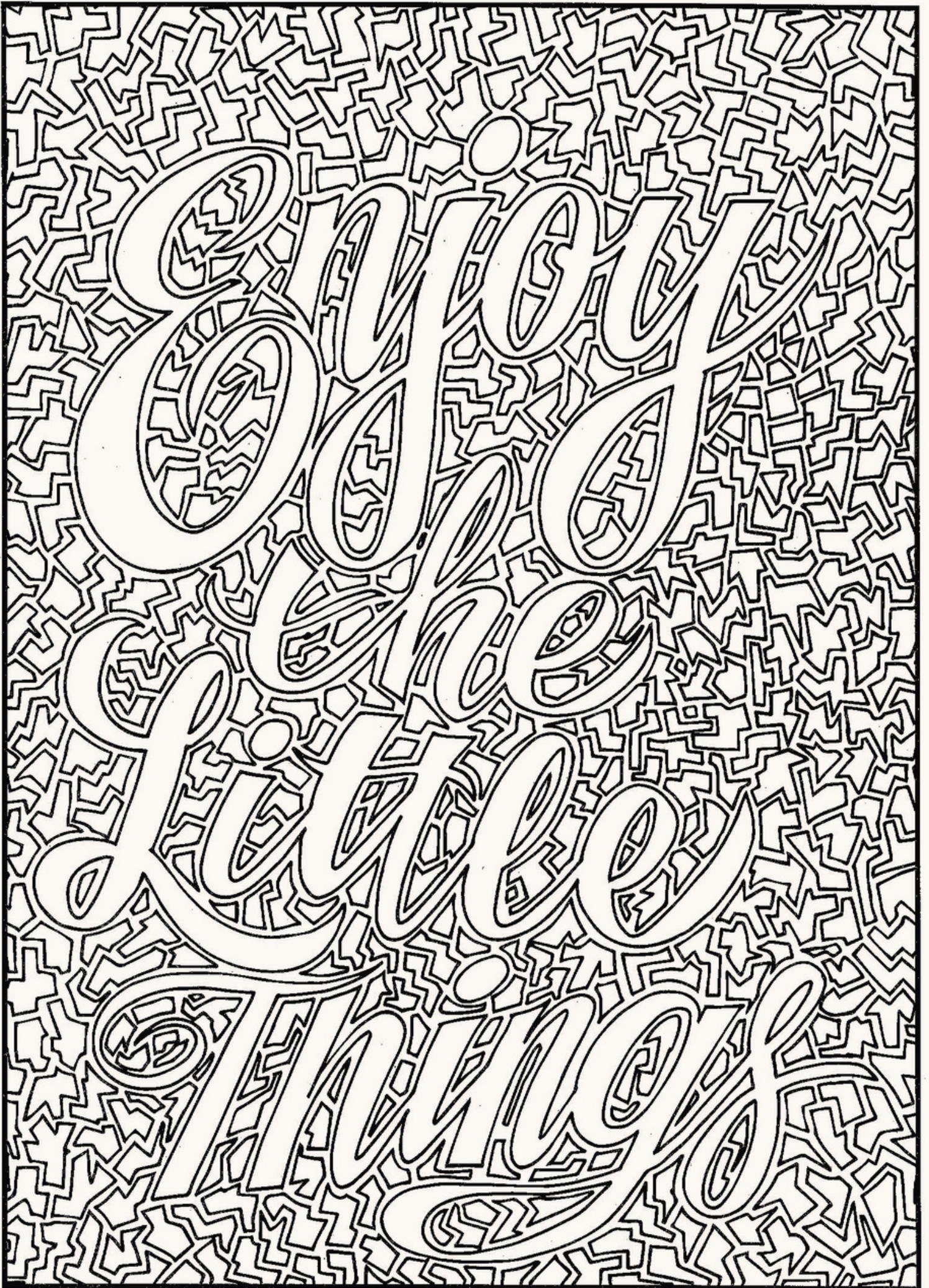
Relaxation Massage.....	\$70		\$110
Therapeutic Massage.....	\$80		\$120
Prenatal Massage.....	\$80		\$120
Hot Stone Massage.....	\$100		\$130
Reiki.....	\$70		\$110
Reflexology.....	\$70		\$110
Raindrop Therapy.....	\$70		--
Couples Massage Instruction.....	--		\$150

Other options

Raindrop add-on.....	\$40
20 min Chair Massage.....	\$30
30 min Focused Massage.....	\$50
30 min Facial Rejuvenation.....	\$65

*Please know there is \$20 upcharge
for Non-MAC Members*

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EAST LANSING, MI 48823



Body Treatment Descriptions

Relaxation

A gentle full body massage with low to moderate pressure that relieves muscular tension, increases circulation, improves the immune system, and promotes a general sense of relaxation. Slow and rhythmic Swedish strokes are used to help remedy muscular stress. Relaxation is not intended to treat injuries, or other discomfort, instead to bring the body back to a balanced state. This is a wonderful modality for stress relief.

Therapeutic

A targeted full body massage with firm to deep pressure that focuses on healing and discomfort. This massage incorporates many modalities and may include glided cupping, soft tissue manipulation, stretching, muscle stripping, etc. Therapeutic massage is a great choice for soreness, knots, and tension.

Prenatal

A specialized full body massage for the mommy to be. This modality is designed to help reduce anxiety, depression, muscle aches and joint pain. Regular visits can help improve labor outcomes, and newborn health. The needs of the mother are addressed using a specialized cradle and gentle to mild pressure. Prenatal massage can be scheduled starting in the second trimester (after week 13).

Hot Stone

Smooth Jade stones are heated to approximately 130 degrees and used as an extension of the therapist's hands to deliver a massage that melts away tension and sends you into a complete state of relaxation. The heat of the stones allows for deeper penetration of muscle tissue and is good for those who experience chronic muscle pain.

Reiki

Clean, Balance, and Boost. This Energy modality, uses Reiki, Access Consciousness, and Deeksha, to harmonize the physical, mental, and spiritual self. For this appointment you will lay face up on a massage table, fully clothed. While our certified therapist uses healing hands with light touch, aroma therapy and positive phrases to work in your energy fields. Our therapist will share with you key phrases to help you maintain balance, peace, and relaxation. We recommend this process for stress and anxiety . Schedule monthly to help maintain wellness.

Reflexology

Reflexology utilizes firm pressure, essential oils, and hot towels to activate specific points on your hands, feet, and ears. This modality is a 4000 yr old healing art that promotes wellness for discomforts including, but not limited to... pain, circulation, depression, nerve function, anxiety, PMS, menopause, insomnia, high BP and more! Also consider Reflexology for the ease of invasive medical treatments. Come dressed comfortable and leave feeling/smelling amazing!

Raindrop Therapy - Traditional

Inspired by Lakota Native American traditions, the Raindrop Technique helps bring balance and harmony to the body. The therapist uses light-targeted massage with subtle energy approaches. Premium, Young Living Essential oils, are applied to your feet and back, followed by the most amazing hot towels. The moist heat drives the oils into the body and the benefits begin immediately, these benefits have been known to include:

- Soothes tension and fatigued muscles
- Balances and realigns the energy centers of the body
- Supports the immune and digestive systems
- Promotes emotional well-being and release
- Helps detox the body's systems
- Invites feelings of peace and a renewed zest for life
- Relaxing, rejuvenating, and harmonizing to the body, mind, and spirit

This is an amazing experience when combined with a 90-minute therapeutic massage. Schedule this combination monthly to promote overall well-being, reduce stress, increase energy, and ease muscle tension.

Raindrop therapy - mood elevation

All of the benefits of the traditional technique, including additional benefits of mood-elevating essential oils -stress away, lemon

Raindrop therapy - immune boost

All the benefits of the traditional technique, including additional benefits of immune-boosting essential oils. Eucalyptus, clove, lemon, cinnamon bark, Rosemary.

Massage Instruction for Couples

Connect with your special someone through an instructive, interactive, personal massage session for couples. Learn, experience, & and practice professional massage techniques taught by our licensed massage therapists in a quiet, serene environment. Customize your couples massage session to fit your needs – spoil your partner with a full session of massage and instruction or divide the time between the two of you.

20 Minute Chair Massage

+Travel/Set Up Fee for On-Site Events

Chair massage utilizes compression techniques to the back, shoulders, neck, head, and/or arms and hands. This service is performed with the client comfortably seated in a chair designed specifically for receiving massage therapy. The client remains fully clothed during the duration of the massage. Chair massage is an approach that wonderfully serves individuals who do not have enough time to receive a table massage, individuals who are looking to try massage therapy for the first time, or individuals who want a comfortable, fully clothed experience. This service is also fantastic for events, gatherings, and corporate functions.

Please connect with Tracey for more information on event chair massage.

30 Minute Focused Massage

A 30-minute Focused Massage is a therapeutic massage tailored to address one problematic area of the body. This treatment is beneficial for many conditions such as low back pain, shoulder tension, injury recovery, neck pain, headaches, and many more. A 30-minute focused massage is great when you are having issues with specific muscle groups and do not need a full-body massage.

30 Minute Facial Rejuvenation

Facial cupping is a gentle practice that uses small suction cups and guashas on the skin to softly lift the skin and massage it. The suction from the cups helps to drain the lymph nodes and promotes oxygen supply to the skin. You will feel small but gentle pulling sensations. This process helps rejuvenate the skin, eliminates puffiness, stimulates collagen production, and reduces fine lines wrinkles, and scars. It also can help relieve symptoms from sinus infections, headaches, and TMJ... Our therapists are very gentle and intuitive. You will love this process and it will leave your skin glowing.