

# MASSAGE

## DESCRIPTIONS + PRICES

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### ELISA'S OFFERINGS, AVAILABLE WED-SAT:

#### 60 MIN MASSAGE

This one-hour session is designed to promote deep relaxation and support overall well-being. Through a blend of gentle, flowing techniques and intuitive touch, this massage encourages the release of tension while maintaining a calming rhythm to help you reset and recharge. Perfect for relaxation and routine self-care.

60 MIN \$120

#### 90 MIN MASSAGE

This 90-minute session combines soothing, gentle techniques with focused work to address deeper layers of tension and muscle restrictions. Ideal for pain management and relieving chronic tightness, this massage uses a mindful, intuitive approach to ensure both relaxation and effective tension release, leaving you feeling balanced and restored.

90 MIN \$150

#### 60 MIN PRENATAL

Prenatal is a gentle Swedish massage performed with body positioning modifications that can ensure the safety and comfort of both mother and baby.

60 MIN \$130

#### 60 MIN CRANIOSACRAL

Craniosacral therapy is a form of bodywork that involves gentle manipulation of the spinal system to promote healing and relaxation. It is believed to help alleviate a range of conditions by improving the functioning of the central nervous system. A gentle and soothing technique designed to promote relaxation and release tension. This therapy involves subtle touch and manipulation, focusing on the craniosacral system to help you unwind and revitalize.

60 MIN \$160

#### 90 MIN CRANIOSACRAL/MASSAGE COMBO

Consists of a full back + craniosacral massage. The back massage targets muscle knots, stiffness, and fatigue, while craniosacral therapy works to balance the nervous system and restore overall wellness. Together, these techniques offer a holistic approach to stress relief, enhanced mobility, and improved well-being.

90 MIN \$185

### STELLA'S OFFERINGS, AVAILABLE SUN-TUES:

#### SIGNATURE SWEDISH

Combines traditional Swedish therapy with light stretching techniques to create the perfect blend of relaxation and flexibility to nourish your body and mind.

60 MIN \$120

90 MIN \$150

#### DEEP TISSUE

This deep tissue massage combines Swedish, Deep Tissue, and Trigger Point techniques to allow for a more dynamic healing that's felt with deeper and sustained pressure throughout the massage.

60 MIN \$135

90 MIN \$160

#### RESTORATIVE

Restorative Massage is split into two parts and designed to clear your mind and ground your body. Half the time is dedicated to your neck, back, & shoulders (including a scalp massage). The other half is dedicated to your feet

60 MIN \$120

#### HOT STONE

Best for those seeking to fully surrender; this massage offers an added layer of intensity to Stella's Signature Swedish massage by way of weighted, hot, basalt stones. A deeply soothing 90min experience.

90 MIN \$180

#### SEA SALT SCRUB

Exfoliate intensely with a blend of sea salt, essential oils, and dried plant petals while actively being massaged from head to toe. These salts uncover your radiant skin beneath and also increase circulation. A warm shower follows and any massage service can be coupled with this treatment for the ultimate relaxation.

60 MIN \$120

#### STRETCH + BREATHE

Focused on inducing deeper breaths, syncopated with repetitive stretching, this massage is highly recommended for people who feel stiff or stagnant in their body and are looking to feel limber and renewed. This slightly stimulating experience regulates the nervous system and trains your body to take consistent, deep breaths on and off the table. Stretch and Breathe is essentially a yogic massage! Great for swimmers and athletes alike.

90 MIN \$160

#### ADD-ONS

##### Aromatherapy

\$5

##### CBD Creme:

With a cooling effect similar to Biofreeze, Cause Medic CBD Relief stimulates cold receptors on the skin while distracting your nervous system from pain receptor signals thus eliciting a pain-free awareness

\$10