

# MASSAGE DESCRIPTIONS + PRICES

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

### 60/90 MIN MASSAGE

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  
90min \$165

### 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

### 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

## STELLA'S ADD-ON'S:

Sea Salt Scrub	\$30
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
Aromatherapy	\$5



## SKYE'S OFFERINGS, AVAILABLE SUN-FRI:

### 60/90 MINUTE MASSAGE

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 \$165

### 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

### POSTNATAL

Floods extra vitality into the body as it once again transforms. Helps the uterus to come back to size. Flushes fluid retention. Gifts much needed self-care after the newborn arrives.

60 min \$130  
90 min \$160

### 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

### 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

## SKYE'S ADD-ON'S:

Dry Brushing	
Sea Salt Foot Scrub	\$20
Scalp Massage	\$10
Massage Gun	\$10