relaxation massage
Concentrates on the muscles and connective tissue of the body for improved circulation, relaxation and overall wellbeing.

deep tissue massage
Utilizes slow strokes, direct pressure or friction across the grain of the muscles, working deep into the muscles and connective tissue. Useful in treating pain, inflammation and injury.

hot stone massage
Uses heated basalt stones, creating sensations of comfort and warmth. The direct heat relaxes muscles, allowing a gentle but deep manipulation.
pregnancy massage
Gentle technique to help alleviate discomforts associated with pregnancy, including lower back, neck and shoulder pain, fatigue and joint tenderness. Can help improve circulation, promote stress reduction and relaxation. Check with your doctor prior to receiving treatment.

reflexology
Releases stress throughout the body using specific thumb and finger pressure on feet and hands. Thousands of nerve endings are stimulated, benefiting circulation, releasing tension and pain and freeing the body to seek its own balance.

cancellation policy:
A 24-hour cancellation or rescheduling notice is required to avoid being charged a fee. No-shows will be charged the full service fee. Late cancellations on less than 24 hours notice are subject to a 50% fee, unless the service is rescheduled and