

# PURE ELEMENTS

## WELLNESS SHOP

### **Swedish Massage**

30 min. \$40 • 60 min. \$65 • 90 min. \$110

Incorporates long, flowing strokes to soothe muscles and reduce pain. Promotes relaxation and increases mental clarity. The highest quality, natural massage oils are used.

### **Deep Tissue** - 50 min. \$75 • 90 min. \$125

Deep pressure techniques concentrate on areas of tension and soreness. Creates a positive tissue environment and normalizes the movement of the musculo-skeletal system. Promotes healing, flexibility and range of motion.

### **Aromatherapy Massage**

30 min. \$45 • 60 min. \$70 • 90 min. \$115

Concentrated plant oils (essential oils) are combined with our organic massage oils providing a customized massage experience. Essential oils have properties which can calm, relax, or energize.

### **Sports Massage** - 60 min \$75

Massage concentrating on specific areas to stimulate blood flow and break down adhesions (knots). Can aid in alleviating chronic pain, injury and limited range of motion. Not just for athletes.

**Pre** -1/2 hr. before event

**Post** -1-2 hrs. after event

**Restorative** - Used during training to allow athlete to train harder with less injury

**Rehabilitative** - After injury an can help reduce pain and return the body to health

### **Couples Massage** - 60 Min.

Price based on massages selected

Enjoy a 60 minute tandem massage with a friend or loved one in a shared massage suite. The perfect way to introduce the gift of relaxing massage to those you love.

### **Prenatal Massage**

30 min. \$40 • 60 min. \$65 • 90 min. \$110

Ease the physical and emotional stresses experienced during and after pregnancy. Focuses on reducing strain in the lower-back, abdomen and shoulders. Helps stabilize hormones and lessens swelling.

### **Shiatsu** - 60 min. \$75 • 90 min. \$105

An ancient Japanese massage technique. Opens channels of energy along the meridians and stretches the ligaments for maximum flexibility. Also beneficial for those experiencing arthritis pain by loosening the joints and warming up muscles.

*\*Loose clothing recommended*

### **Hot Stone** - 90 min. \$115

Heated, smooth Basalt stones glide along the body creating the ultimate experience in comfort and relaxation.

### **Headache Helper** - 30 min. \$40

Focused on pressure points applied to the hands and feet. Accompanied by neck, head, face, and cranial holds. May be done with Eucalyptus oil or hot or cold therapy head wrap.

### **Tension Tamer** - 30 min. \$40

A mini massage concentrating on the high stress areas of the neck, shoulders, and back.

### **Reiki** - 60 min. \$60

An ancient Japanese energy medicine practice. Your therapist uses hand placement to channel healing energy known as ki.

### **Reflexology** - 45 min. \$50

In this unique massage system, reflex points on the feet, hands, and head believed to link to every part of the body are mapped. Targeting these pressure points will aid in normalizing body systems and circulation and relieving tension and illness.