

MASSAGE SERVICES

Patricha Lamothe, C.M.T.

MASSAGES

Ashiatsu

a barefoot massage technique using deep, gliding pressure over the body

50m \$80

Custom

a mix of deep tissue and swedish techniques tailored to your needs

50m \$80

Foot Rub & Scrub

exfoliation, moisturizing, and massage for fatigued feet

30m \$30

Prenatal

fight mental and physical fatigue with a gentle side-line massage that offers relief to the aches, pains, and strains of expectant mothers

50m \$80

BODY TREATMENTS

Sweet Retreat

pamper yourself with exfoliation, a blend of essential oils, lotion, and a mini massage that leaves you feeling refreshed

50m \$110

Winter Recovery

a treatment designed to rid dead, dry skin, hydrate, and revitalize by exfoliating and moisturizing the body while also improving circulation

30m \$50

ENHANCEMENTS

Aromatherapy \$10

CBD Oil \$10

Hot Stones \$15

30 Minute Massage \$40

MASSAGE SERVICES CONTINUED

Zoé LaBier, C.M.T

MASSAGES

Deep Tissue

firm, deep strokes target the inner layers of muscles, tendons, and tissues to ease chronic pain

30m \$60 | 60m \$85 | 90m \$105

Myofascial

sustained pressure focused on restricted connective tissue alleviates pain and restores motion as the fascia is softened and elongated

30m \$60 | 60m \$85 | 90m \$105

Prenatal

fight mental and physical fatigue with a gentle side-line massage that offers relief to the aches, pains, and strains of expectant mothers

60m \$85 | 90m \$105

Raindrop

a combination of aromatherapy, reflexology, and massage help find balance within the body by applying essential oils along the spine and feet

60m \$100

Reflexology

focus on whole body wellness with this technique that uses pressure points on the feet and hands to produce changes in other regions of the body

30m \$40

Swedish

promote relaxation with this classic technique that relieves muscle tension and increases circulation and flexibility

30m \$60 | 60m \$85 | 90m \$105

Thai

a full body experience that combines applied pressure with assisted stretching to reduce tension and stress, and increasing the flow of energy

60m \$85 | 90m \$115

ENERGY WORK

Cranial Sacral

restore the natural position of bones and ease tension with this noninvasive therapy that specifically addresses the head, spinal column, and sacrum

30m \$50 | 60m \$75 | 90m \$95

Reiki

activate the natural healing process and restore physical and emotional well-being with this technique that uses channeled energy by means of touch

30m \$50 | 60m \$75 | 90m \$95

ENHANCEMENTS

Aromatherapy \$15

Aura Clearing \$5

CBD Oil \$15

Chakra Clearing \$5