

## Thai Yoga Massage

In the temples of Thailand many centuries ago, a dynamic bodywork therapy based on yoga, Ayurveda, and the martial arts was born. In this unique healing system, the practitioner guides you through a series of yoga postures while applying focused pressure along the body's energy lines and pressure points. Together these actions result in a treatment that stretches and tones the muscles, relieves muscular tension, improves circulation, enhances metabolism, boosts the immune system, and balances the body energetically, inducing a calm mental state.

**60 Minute** .....\$75  
**90 Minute** .....\$110

## Viseral Manipulation

Viscera" relates to the internal organs of the body, such as the liver, kidneys and intestines. Visceral Manipulation is a gentle manual therapy that aids your body's ability to release restrictions and unhealthy compensations that cause pain and dysfunction. The VM therapist feels for altered or decreased motion within the viscera, as well as restrictive patterns throughout the body and then applies VM techniques. VM therapy re-establishes the body's ability to adapt and restore itself to health.

**30 Minute** .....\$55  
**60 Minute** .....\$80  
**Add-on to massage** - .....\$40

## Join the Massage Club

Purchase any of the same five treatments in advance and get the sixth one free

## Orthopedic Massage

Orthopedic Massage is an advanced discipline using a twelve-step approach with the goal of soft tissue balancing and maintaining structure and posture. It involves therapeutic assessments and movement of soft tissue to reduce pain and musculoskeletal dysfunctions. It focuses on prevention and rehabilitation of the dysfunctions that cause chronic pain. Myofascial release, neuromuscular therapy and re-education as well as scar tissue mobilization techniques are used. Testing is done to assess the client's range of motion for the different muscle groups. When a specific injury is located on the body, scar tissue mobilization techniques are used to realign the scar tissue. This type of massage is done with less frictioning and therefore less pain than deep tissue work.

**90 minute**.....\$110  
**120 minute**.....\$130

## Reflexology

Is the scientific art based on the premise that there are zones and reflex areas in the feet and hands, which correspond to all the body parts. The physical act of applying specific pressures using thumb, finger and hand techniques result in stress reduction, which causes a physiological change in the body.

**60 Minute**.....\$70

## Cancellation Policy

A 24- hour cancellation notice is required on all services. Those failing to cancel in advance or not showing will be charged the value of the missed service

Returned check fee is \$25.00

# Massage



Solutions for Body & Soul

A Yoga Studio &  
Day Spa Committed  
To Providing Services

That Are ...

*all about you!*

23 Village Inn Road

Westminster, MA 01473

At Exit 27 - Off Route 2

978-874-6200

www.ALLaboutYOUolutions.com

## Integrated Massage

Our massage therapists will work with you to determine the best course of treatment. Whether calling on the classic Swedish massage techniques, using a combination of kneading and long strokes, to promote increased circulation, ease and reduce stress and tension or therapeutic work technique that focuses on the deeper layers of muscle tissue. It helps to break up and eliminate scar tissue and usually focuses on more specific areas. Deep Tissue helps with sports related injuries as well as every day problems.

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|--|--------------|
| <b>30 Minute Regional Treatment.....</b> | <b>\$50</b>  |
| <b>60 Minute.....</b>                    | <b>\$70</b>  |
| <b>90 Minute.....</b>                    | <b>\$100</b> |
| <b>120 Minute.....</b>                   | <b>\$125</b> |

## Prenatal Massage

Prenatal massage is a form of therapeutic bodywork that is geared to meet the unique needs of the pregnant woman at any stage of pregnancy. Touch is vital to the mothers' physical and emotional well being. Massage gives special attention to the mother-to-be, which in turn nurtures the new life that grows within her. Studies have shown that women who received pregnancy massage not only experienced lower levels of stress hormones and fewer common discomforts but also had fewer complications during labor and fewer premature births.

|  |              |
|--|--------------|
| <b>30 Minute Regional Treatment.....</b> | <b>\$50</b>  |
| <b>60 Minute.....</b>                    | <b>\$70</b>  |
| <b>90 Minute.....</b>                    | <b>\$100</b> |

## Hot Stone Massage

Hot Stone Massage involves the application of water-heated basalt stones of varying sizes to key points on the body, giving a deep massage and creating sensations of comfort and warmth. The direct heat of the stones is applied to the body to melt away knots, tension and stress.

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|---|---------------|
| <b>90 Minute Hot Stone Massage.....</b> | <b>\$ 110</b> |
|---|---------------|

## Myofascial Release Massage

Myofascial Massage means release of bodywide muscles, with special attention to releasing the fascia surrounding it. Tissue is manipulated for the purpose of relieving chronic and acute, stress, tension, and pain; sometimes better posture will occur as a side benefit. Physical and emotional trauma, disease, habit patterns and aging all can cause tissue to become rigid and shortened; and at this point, the fascia becomes an adhesive.

Myofascial Release Massage will help to return fascial tissue to an earlier and healthier state.

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|------------------------|--------------|
| <b>90 minute.....</b>  | <b>\$110</b> |
| <b>120 minute.....</b> | <b>\$130</b> |

## Sacred Lomi

During Sacred Lomi, you will be embraced as an integrated whole being – your physical, emotional and energetic self. You will experience unconditional love and acceptance - **Aloha** - you are invited to be the recipient to completely let go and receive. The flowing, circular runs nurture and embrace, clearing out the old patterns and awakening the divine.

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|--|--------------|
| <b>90 Minute .....</b>                                   | <b>\$110</b> |
| <b>120 Minute .....</b>                                  | <b>\$130</b> |
| <b>120 Minute w/Hot Shell &amp; Sugar Exfoliation...</b> | <b>\$150</b> |

## Couples Massage

Share a massage, either Swedish or Deep Tissue with a partner or friend in our private suite for two. The end result will be a combination of better health; relaxation of body, mind & spirit, and an experience you will always remember. Rate includes both clients.

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|------------------------|--------------|
| <b>60 Minute .....</b> | <b>\$130</b> |
| <b>90 Minute .....</b> | <b>\$180</b> |

## Ear Candling

Ear Candling is a natural, non-intrusive procedure that may help alleviate the painful effects of chronic headaches or sinus conditions, ear infections, allergies or vertigo, as well as minor hearing loss due to excessive earwax build up.

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|---|-------------|
| <b>30 Minute – One candle each ear.....</b>         | <b>\$45</b> |
| <b>60 Minute – Two candles each ear .....</b>       | <b>\$65</b> |
| <b>Add-on to massage – One candle each ear.....</b> | <b>\$30</b> |

## Ashiatsu Oriental Bar Therapy

Is a deep compression massage where the therapist uses their feet. The roots of this treatment came from the Far East, but this American adaptation is truly a western phenomenon. It provides relief for such conditions as: lower back pain, scoliosis, sciatica, tight hamstrings and calves; it helps to release metabolic waste from your tissues and increase the feeling of well-being. Contrary to popular belief- No one will be “walking on your back!” This would be too dangerous and can easily result in an injury. The therapist will carefully control the weight of her body during the session using a set of parallel bars for support and balance.

|                         |               |
|-------------------------|---------------|
| <b>90 Minute .....</b>  | <b>\$ 110</b> |
| <b>120 Minute .....</b> | <b>\$ 130</b> |