

# Therapeutic Massage of Colleyville

## Continuous Flow Massage:

*Destress and unwind during this full-body massage with light to medium pressure and long flowing strokes. This massage will sooth your body and mind, transporting you to a tranquil state of relaxation.*

**60 min-\$ 75**

**90 min- \$100**

## Deep Tissue Massage:

*Find relief from chronic pain and tension with this full-body therapeutic massage. I will address your concerns using a combinations of techniques and medium to deep pressure. The pressure can be adjusted according to your comfort level.*

**60 min-\$80**

**90 min-\$110**

## Swedish/Focused Massage:

*Refresh with this focused 30 minute therapeutic massage. I will work on specific areas of tension. For many people this is the shoulders, neck and upper back. This is a great service if you are limited on time or do not want a full-body massage.*

**30 min- \$35**

## Hot Stone Massage:

*The healing power of heat is combined with traditional massage techniques. Tension melts away as warm stones are used over the body, radiating deep into tight muscles and bringing your body into a state of deep relaxation.*

**60 min- \$90**

**90 min- \$110**

***Massage is not just a luxury, it is a key piece of your health and wellness plan. Regularly scheduled self-care plays a big part in how healthy and vital you will be with each and every passing year. Not sure what type of massage is best for you? I will be happy to work with you to help you select the service that best meets your needs.***