



## *Massage Menu*

**PLEASE SEE our Massage Memberships and Special Gift Certificate Offers**

### *Most Popular*

#### **Our Signature Massage**

**\$90**

The most commonly known and used form of massage in the U.S., this **Swedish** massage employs vibration, tapping, kneading, stroking and friction to relax muscles and enhance oxygen flow. This technique promotes flexibility and relaxation, eases aches and pains and is even being researched for its benefits to osteoarthritis patients. It involves long gliding strokes, usually with oil, along the muscles.

#### **Deep Tissue Massage**

**\$85**

People with sports injuries and joint conditions tend to benefit from connective tissue massage. This type of massage focuses on the connective tissues, which fill the spaces between muscles and fibers and injure easily. The strokes in this massage are slow and involve intense pressure, warming the muscle tissue. The technique can break up scar tissue and relieve chronic tension.

#### **Sports Massage**

**\$85**

A technique recommended for active people, the sports massage can be a regular part of an athlete's conditioning program, along with exercise and training. Sport massage often includes portions of Swedish and Shiatsu massage and is usually adapted to the player and his or her sport. Benefits include a reduction in pain and swelling and increased energy and flexibility.

#### **Swe-De-Thai**

**\$85**

A most unique experience that leaves the body with centered feeling of piece and revitalization. Lavish yourself in a full combination massage, using Swedish, Deep Tissue, and a Thai traditional technique which will balance your body. This massage improves body tone and circulation, relieves stress and strain, helps the immune system and promotes both physical and psychological well-being.



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### **Specialized / Expertise Treatment**

#### **Prenatal, Postpartum Massage**

**\$85**

During pregnancy, a woman's weight gain puts strain on her body, especially her back. Massage can ease discomfort, relieve tension and increase blood circulation, as well as reduce fatigue. After birth, it can be used to help women realign their body skeletal system and release muscle tension. These kinds of massages often use a customized Swedish technique. **(Initial Only 45 minutes)**

#### **Orthopedic Massage**

**\$90**

Orthopedic massage helps relieve the pain of an injury and speeds recovery. After assessing the injury, a massage therapist will come up with a treatment to match your problem. Friction therapy, involving a back and forth motion, isolates and releases the strain. By working on the surrounding area, therapists can increase blood flow. This type of massage can also reduce tension.

#### **Trigger Point Massage**

**\$90**

Not the most comfortable kind of massage, the trigger point technique applies pressure to the body's painful knots. Moderate pressure releases knots, which may develop over time due to long-term strain or follow an accident. This kind of therapy can increase your range of motion, reduce stiffness and improve circulation. patients require several treatments over a period of time.

#### **Lymphatic**

**\$95 (Introductory Rate-60 Minutes)**

**\$135 (Regular Rate – 90 Minutes)**

Massage therapists use manual lymphatic drainage to manipulate the body's lymph flow through a technique of rhythmic pumping. The lymphatic system helps the body filter out toxins. When clogged, it can lead to pain and soreness. This type of massage has been shown to help heal acute injuries, heal the skin and prevent illness. Drinking water will aid in the process of flushing out your system.



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**\*\*\*\* New Patient Special: One (1) Hour: \$59 \*\*\*\***

**60-minute Massage \$85- 90** (depending on type-See Massage Menu)

**90-minute Massage \$120** (\$90 introductory Rate)

**\*\*\* Add on Massage: One (1) Hour: \$40 \*\*\***  
(Must be used on same day as Full-Paid Chiropractic Treatment)

## *Massage Memberships*

**No Commitment \* Cancel anytime \* Share with Friends & Family**

**THRIVE Member - 1 hour/month - \$59/month**

**Platinum Member - 2 hours/month - \$109/month**

**Signature Member - 4 hours/month - \$199/month**

**SEE MESSAGE MEMBERSHIP AGREEMENT for more DETAILS & 90-minute Rates**

## *Special Gift Certificate Offers*

***Buy 5 get 1 Hour Free***

-or-

***Buy 10 get 3 Hours Free***

**Cancellation Policy: For appointments with a licensed acupuncturist and massage therapists, any cancellations made with less than 24 hour notice will result in \$20 fee per 30 minutes of scheduled treatment.**

**\*\*\*ALL MASSAGE TIMES INCLUDE 5 minutes BEFORE and AFTER for Dressing\*\*\***

**\*\*Additional \$5 per 30 minutes of Lymphatic Massage may apply to all rates\*\***

**Most PPO Insurance cover Therapy offered at Thrive, please talk to our Amazing Thrive Staff to see if you qualify!!!!**