



THE MOMENT

Table Massage

THE NOW

The signature

Swedish inspired massage

Benefits: Rejuvenating. Relieves stress. Reduces anxiety. Increases well being. Total relaxation.

THE STRETCH

For the athlete

Sport inspired massage

Benefits: Stimulates lymphatic and circulatory systems. Improves range of motion. Reduces recovery time.

THE JOURNEY

Seated Massage

THE CROWN

Clear your mind

Benefits: Relieves neck, head, and facial tension. Reduces arm and hand soreness. Increases sense of renewal.

THE ROOTS

Be grounded

Benefits: Relieves tension in lower legs and feet. Improves circulation. Stimulates healthy internal organ functions. Energizing.

THE HEALER

Body, mind, and spirit

Energy balancing massage

Benefits: Calming. Deepens self awareness. Reduces emotional stress

THE FIX

A little bit of both

Benefits: Promotes mental clarity. Restores sense of well being. Inspires balance. Rejuvenating

ENHANCEMENTS

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DEEP TISSUE

Therapeutic techniques used to concentrate on specific areas of muscle tension

Benefits: Reduces muscle pain. Restores mobility. Increases vitality.

CBD BALM

Deep and effective physical relief using Nourish by The NOW Peppermint CBD Balm

Benefits: Reduces inflammation. Eases stress and anxiety. Increased sensory stimulation

HERBAL HEAT THERAPY

Herbal heat packs used on neck and back during treatment

Benefits: Increased relaxation. Decreases muscle tension. Relief from stress and anxiety.

SCALP RENEWAL

Stimulate the scalp using organic coconut oil

Benefits: Hydrates the roots. Encourages circulation. Relaxes the mind.

AROMATHERAPY

Thoughtfully blended essential oils

Benefits: Heightened sensorial experience. Enriches skin health. Strengthens emotional connections.

FRESH EYES

Soothing eye mask

Benefits: Hydrating and cooling. Reduces swelling. Anti-aging.

CRYSTAL HEALING

Table massage only - placement of charged healing crystals on chakras

Benefits: Facilitates healing. Alleviates emotional stress. Balances body, mind, and spirit.

MUSCLE RECOVERY BALM

Cooling menthol and warming capsicum targets sore or tight muscles

Benefits: Greater mobility. Reduces soreness. Amplifies therapeutic experience.

PRENATAL GLOW

Prenatal massage for expecting mothers 12+ weeks using lavender blossom aromatherapy

Benefits: Relieves muscle tension. Improves circulation. Reduces swelling. Promotes restful sleep.

MASSAGES

PRICING

\$40 | 25 min

\$70 | 50 min

\$100 | 80 min

MEMBERSHIPS

THE SANCTUARY RITUAL

One 50 min massage

\$60 per month

Two 50 min massages

\$120 per month

THE PAMPERED RITUAL

One 80 min massage

\$90 per month

Two 80 min massages

\$180 per month