

## MASSAGE MENU

**All prices listed are for existing therapy clients of Sun Counseling & Wellness. Services for non-therapy clients are an additional \$10. First appointment will be 25% off!**

*Swedish:* Using long strokes, kneading, & circular movement to relax muscles tension from daily activities. Swedish can help with stress reduction, increase blood flow and lymph drainage, stimulate nerve endings, facilitate muscles injuries healing, & improves the immune system.

**\$85/60 mins, \$125/90 mins, \$165/120mins**

*Deep Tissue:* applying similar Swedish techniques coupled with compression, trigger points, and firmer pressure to relieve tension and break up adhesion from the deep layers of the muscles and connective tissues surrounding your bones and joints.

**\$95/60 mins, \$140/90mins**

*Sports massage:* combination between light and deep pressure focuses on certain areas that are overworked due to excessive and aggressive physical demands. Muscle stretching on the muscle-tendon junctions enhance athletic performance. This can combine with cupping massage for a boost of healing. (ADDITIONAL FEES OF \$25 FOR 60 MINS SPORT MASSAGE)

**\$95/60 mins. \$140/90mins**

*Thai:* mainly focuses on stretching techniques to relax and energize the body through the Sen's trigger points system. Thai massage also improves flexibility and promotes overall wellbeing.

**\$90/60 mins**

*Hot Stone:* for those who are super tense and need to relax extra! Picture the similar effect after having a steamy hot shower after a long work day.

**\$95/60 mins. \$140/90 mins**

*Reflexology* Foot, calves, hands, arms massage: People have reported that reflexology has helped them fight cancer, recover from colds and bacterial infections, clear up sinuses, ease plantar fasciitis and heel pains, reduce arm, wrist, and hand numbness and aches that mimic carpal tunnel syndrome, boost the immune system and circulatory system.

**\$60/30 mins \$90/60 mins (+\$10 adding hot stones)**

*Cupping massage:* glass cups and heat are used to create a vacuum to draw the skin. The skin may turn red as the blood vessels change due to the pressure inside the cups. The cups can be placed in a specific spot or moved around depending on the client's preferences. Cupping increase blood circulation allowing toxic to be carried away from the veins promotes cell repair and help to form new connective tissues.

**\$25/15 mins. \$50/30 mins \$70/45 mins \$85/60 mins**

*Prenatal:* accommodate and adapt to the changes a mother goes through during her pregnancy. Full body non-deep pressure massage increases blood flow and keep the mother's lymphatic system working at peak. This also helps to relieve joint pain, neck and back pain, leg cramping, sciatica, swelling in your hands and feet, headaches, and sinus congestion. To protect both the mother and baby, we only provide service to mothers after her 1<sup>st</sup> Trimester. Please let your therapist know if you have diabetes, morning sickness, high blood pressure, fever, a contagious virus, abdominal pain or bleeding, preeclampsia, or other medical concerns. We greatly appreciate doctor clearance if possible, to support you.

**\$95/60 mins. \$140/90 mins**

2 Hours customize massage \$190/120mins

You also have the option of relaxing the face with 1-2 minutes of gentle facial cupping using organic premiere facial oil, hydrating mask, and hot towels at the end while massaging the scalp to relax the facial and head muscles.

**This can also be a separate signature package for \$120/60 mins, \$160/90 mins (+\$10 adding hot stone).**

*Note:* All of our sessions come with organic coconut oil best suited for all types of skin, aromatherapy, hot towel treatments, and trigger point therapy.