



**Massage and Spa
Please call the Salon at
978-345-2308
to schedule your
appointment.**



Whether it's a Solitary Retreat, Cozy Couples Escape or a Night Out with the Girls, create a memorable experience with our massage or spa treatments! All treatments can be done either alone in your own treatment room or side by side in our buddy/couples suite!

Massage Treatments

Mother Massage ~ A wonderful way to relax, increase your energy and relieve discomfort during pregnancy. You will also learn self-care and breathing techniques, prepare for the birthing process as well as postpartum period.

Myofascial Massage Therapy ~ Myofascial release, or soft tissue mobilization, is a therapy used to release tension stored in the fascia. Fascia is a tough, fibrous tissue that encases and support muscles, bones, organs, nerves and blood vessels. Myofascial massage reduces acute and chronic pain, improves posture and movement restrictions.

Swedish massage ~ A classic relaxation massage that gently soothes the mind and body into a sense of well being.

Deep Tissue Massage ~ A combination of moderate to deep pressure ~ used to help alleviate chronic pain and muscle fatigue as well as increase range of motion.

Sports Massage ~ Using a variety of techniques, this treatment targets certain muscle groups to either prepare for or help recover from a sporting activity.

Pre-natal/Post-natal Massage ~ A gentle therapeutic massage designed specifically to ease the discomforts of pregnancy and promote well being for mother and baby.

Couples Massage ~ For lovers, enduring romantics, or just really good friends ~ share the experience of massage with someone that really matters. Connect on an entirely new level of awareness and sensitivity.
(Priced per person) Both massages are performed together in the same room by 2 of our therapists.

All of the above massage treatments:

30 minutes -\$45

60 minutes -\$65

90 minutes. -\$85

Specialty Massage Treatments

Aromatherapy Massage ~ This treatment uses aromatic essential oils to achieve balance of body, mind and spirit. 60 min. ~ \$70

Four Hands Massage ~ An experience of pure indulgence as our massage therapists work in unison to create twice the benefit. Four hands working in rhythmic motion to give the ultimate thorough massage.
50 min. ~ \$120