



Massage Services

Medical Therapeutic Massage

A massage that is outcome based with a multi-disciplinary approach that is for clients who want to improve daily living, sports performance, or who are experiencing an acute or chronic condition/injury. Please speak with your therapist to discuss technique recommendations that best suits your treatment. **We now offer sports and prenatal massages too.**

30 minutes	\$45
60 minutes	\$90
90 minutes	\$130

Add-ons for Massage:

Cupping

A technique in which local suction is created on the skin with the application of cups. The cups lift the tissue allowing the therapist to get 8 layers deep vs 4 layers with traditional hand techniques alone. Cupping is effective treatment for both acute and chronic conditions, soreness, helps release spasms, and improves immune function/healing.

Warm Bamboo

A specialized therapeutic massage that integrates warmed smooth bamboo canes of various sizes utilizing kneading, rolling and pressing techniques on the body. Bamboo allows for deeper pressure into the tissue to help relieve pain, improve circulation and promotes whole body relaxation, healing and recovery.

Hot Stone

A therapy using small, flat heated stones in various motions and areas to release tension and soreness. This is a preferred method to help reduce stress and anxiety and promotes healing.

Add-on 20 minutes Warm Bamboo Massage:	\$20
Add-on 20 minutes Hot Stone Massage:	\$20
Add-on 20 minutes Cupping Massage:	\$20
Combo of 2 add-ons for 20 minutes:	\$30

*Tips are greatly appreciated and are not included in the pricing.
Prices are subject to change without notice.*

*** Gift Certificates Available**



**Save today with
massage packages!**

Buy 3 and Save 10%*

Buy 6 and Save 15%*

*Discount applies to all types of massages
excluding the add-ons

www.EliteSportsCR.com

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