



Vitality Expressed

Menu of Services & Price Sheet

(Unless otherwise noted, pricing is based on sessions that take place at your home or massage room.)

Therapeutic Massage Sessions

This is a Swedish-style relaxation massage. Deep tissue work may be incorporated into the service as well as a variety of other techniques including arthrossage, assisted stretching, lymphatic drainage, reflexology and treatments. Modalities such as massage cups and aromatherapy may be incorporated into the sessions.

It is quite beneficial to receive massage on a regular basis, so pricing is discounted if you wish to purchase a package of services.

	<u>Single Session</u>	<u>Package of 5 Sessions</u>	<u>Savings with Package</u>
<p>30 Minute Session* Just right for treatment of an injury or if you want to fit in a quick relaxation massage.</p>	\$50	\$225	\$25
<p>70 Minute Session* This gives us plenty of time to work on the entire body.</p>	\$85	\$390	\$35
<p>90 Minute Session* If you have an injury or a chronic condition that requires additional attention or if you want to receive the ultimate service, this is the choice.</p>	\$100	\$450	\$50

**Please allot an additional 10-15 minutes per session for equipment set up and break down, consultation and follow up, SOAP notes and review, and stretch and strengthening suggestions.*