

# Massage Therapy Menu

## Pamper Yourself with Relaxation & Renewal

Traditional Massages	Specialty Massages								
<p><b>Swedish Massage</b> - This is the most requested and popular form of massage. A relaxing massage designed to increase the oxygen flow in the blood and release toxins from the muscles to leave you feeling as though you are walking on air. It is used especially for relaxation, relief of muscular tension, and improvement of circulation and range of motion.</p> <table> <tr> <td>30 minute</td><td>\$50.00</td></tr> <tr> <td>60 minute</td><td>\$70.00</td></tr> <tr> <td>90 minute</td><td>\$95.00</td></tr> </table>	30 minute	\$50.00	60 minute	\$70.00	90 minute	\$95.00	<p><b>Pregnancy Massage</b> - This massage is geared to meet the unique needs of the pregnant woman. It is designed to improve circulation and take some strain off muscles and joints. Our pregnancy massage is safe, secure, and helps decrease mental &amp; physical fatigue. When making an appointment, please let us know how many weeks along you are.</p> <table> <tr> <td>60 minute</td><td>\$70.00</td></tr> </table>	60 minute	\$70.00
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90 minute	\$95.00								
60 minute	\$70.00								
<p><b>Hot Stone Massage</b> - This massage is known for its deeply relaxing benefits. This technique uses smooth, heated stones which are placed on specific points on the body to help warm up tight muscles and melt away knots, tension, and stress.</p> <table> <tr> <td>30 minute</td><td>\$55.00</td></tr> <tr> <td>60 minute</td><td>\$75.00</td></tr> <tr> <td>90 minute</td><td>\$95.00</td></tr> </table>	30 minute	\$55.00	60 minute	\$75.00	90 minute	\$95.00	<p><b>Reflexology</b> - This is a therapeutic method of stimulating pressure points that correspond to an organ or gland and parts of the body. Reflexologists work from maps of predefined pressure points that are located on the hands and feet. These pressure points are reputed to connect directly through the nervous system and affect the bodily organs and glands.</p> <table> <tr> <td>45 minute</td><td>\$60.00</td></tr> </table>	45 minute	\$60.00
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<p><b>Deep Tissue Massage</b> - This massage focuses on the deeper layers of muscle tissue. A deep tissue massage can leave you feeling tender after it is over. It is intended to address chronic pain areas in the body.</p> <table> <tr> <td>30 minute</td><td>\$55.00</td></tr> <tr> <td>60 minute</td><td>\$70.00</td></tr> </table>	30 minute	\$55.00	60 minute	\$70.00	<p><b>Chair Massage</b> - A quick massage performed while resting in a massage chair. The chair massage reduces muscle tension and pain, thus increasing overall mental clarity and body awareness. Please inquire for off-site prices.</p> <table> <tr> <td>15 minute</td><td>\$35.00</td></tr> <tr> <td>30 minute</td><td>\$50.00</td></tr> </table>	15 minute	\$35.00	30 minute	\$50.00
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10/2023



**MEMORIAL HEALTH SYSTEM**  
Impact Sports and Fitness

**ABILENE** Salina Regional Health Center

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