



# Massage Therapy & Specialty Services Menu

Pamper Yourself with Relaxation & Renewal

Traditional Massages	Specialty Services										
<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>\$45.00</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	\$45.00	60 minute	\$75.00	90 minute	\$95.00	<p><b>Cupping &amp; Scraping</b> - <b>Cupping</b> therapy is a healing method that may ease back pain, neck pain, headaches and other issues. It uses suction to pull on your skin and increase blood flow to the affected area. Cupping does cause bruising.</p> <p><b>Scraping</b> therapy is a form of manual therapy on soft tissues where a small tool is used, sometimes with lotion, to gently scrape over fascia, ligaments, tendons, and muscles. This aids in breaking down scar tissue that results from trauma or overuse. Scraping therapy also helps promote a better healing environment by improving circulation in the area. Some advantages of scraping therapy include pain relief, decrease in recovery time, and a reduced need for anti-inflammatory medication.</p> <table> <tr> <td>30 minute</td><td>\$45.00</td></tr> <tr> <td>60 minute</td><td>\$75.00</td></tr> </table>	30 minute	\$45.00	60 minute	\$75.00
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<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>\$85.00</td></tr> <tr> <td>90 minute</td><td>\$105.00</td></tr> </table>	30 minute	\$55.00	60 minute	\$85.00	90 minute	\$105.00	<p><b>PNF Stretching</b> - Proprioceptive Neuromuscular Facilitation (PNF) is a stretching technique utilized to improve muscle elasticity and has been shown to have a positive effect on active and passive range of motions. It can improve your range of motion and also boost your muscle flexibility and strength.</p> <table> <tr> <td>30 minute</td><td>\$45.00</td></tr> <tr> <td>60 minute</td><td>\$75.00</td></tr> </table>	30 minute	\$45.00	60 minute	\$75.00
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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>\$45.00</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	\$45.00	60 minute	\$75.00	90 minute	\$95.00	<div>02/2024</div> <div>  <p><b>MEMORIAL HEALTH SYSTEM</b> Impact Sports and Fitness</p> <p><b>ABILENE</b>  Salina Regional Health Center</p> <p>418 N Broadway St., Abilene, Ks 67410 785-263-3888</p> </div>				
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