

Massage Therapy

**Make Your
Appointment
Today!**

Call: (734) 728-2900

Scheduling Appointments/Payments:

Payment is due when scheduling an appointment. Massage appointments are scheduled at the REC receptionist desk.

Cancellations:

Please respect your Massage Therapist schedule. Cancellations of appointments must have a 24 hour notice, failure to do so will result in your fee being forfeited.

A 2 hour notice must be given to reschedule. An appointment can be rescheduled one time only.

Benefits of Massage:

Therapeutic massage is an age-old remedy and health practice. The healing systems of many cultures, including our own, use hands-on therapy to soothe aches and pains and facilitate the body's own healing powers.

From infancy to old age, massage has been found to enhance general health and well-being.

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| 30 Minute Massage | \$35.00 |
| 60 Minute Massage | \$55.00 |
| 90 Minute Massage | \$85.00 |

Hot Stone Massage \$85.00

This extremely relaxing 90 minute massage is very warm and soothing to the entire nervous system. Hot stones are placed between the fingers and toes. The spine and face are also included during this massage.

Prenatal Massage \$55.00

This relaxing massage is designed especially for the mother to be. This massage soothes and dissolves the tension and stress that often accompanies pregnancy. Please consult your physicians first. 60 minutes

Reflexology Therapy \$35.00

This age old therapy is based on the application of pressure to the bottom of the feet. Various pressure points provide a healing benefit to the major body system. 30 minutes

Seated Massage \$20.00

This quick technique focuses on the neck, back, and shoulder discomfort while seated in a chair. 20 minutes

Sinus Point Therapy \$15.00

This 15 minute massage relieves stress in the facial areas surrounding the sinuses thus allowing for clearer breathing.