

# East's Massage Studio

## Massage Information



### *Remedial Massage*

This type of massage is ideally suited to anyone wishing to target specific problem areas. Remedial massage uses a number of techniques to reduce muscle tension, promote healing, release trigger points and increase flexibility and range of motion. This style incorporates Swedish massage and then progresses to focus on the areas you want targeted. Cost \$95.00 per hour

### *Swedish / Relaxation Massage*

This is a full body massage, which includes the head and feet unless you specify otherwise. The aim of this massage is to provide relaxation. Light to moderate pressure is applied with no specific target area. Cost \$95.00 per hour.

### *Head / Neck / Shoulder Massage*

A massage targeting the back, shoulders, neck, scalp and face. This massage includes some gentle neck stretching and tension release to the temple and eyebrow line. Cost \$95.00 per hour

### *Luxurious Aromatherapy Treatment*

Choose from a 1 or 2 hour spa treatment:

**1 Hour:** Foot treatment including foot soak, exfoliating foot scrub & soothing massage. Complete hydrating facial & hair treatment, including deeply relaxing skull massage. Cost \$110.00 per hour

**2 Hours:** Foot treatment including foot soak, exfoliating foot scrub & soothing massage.

Rejuvenating full body salt/sugar scrub. Complete hydrating facial & hair treatment, including deeply relaxing skull massage. Followed by a full body relaxation massage. \$220.00 for 2 hours.

### *Hot Stone Massage*

Hot Stone Massage is designed to relieve tired and sore muscles, promote blood flow and be calmed by this amazing treatment. Therapists are trained to deliver a relaxing and rejuvenating hot stone massage to ensure maximum benefits are experienced. Cost \$105.00 for 60 minute treatment and \$150.00 for a 90 minute treatment.