



Massage as Art

3300 Battleground Ave. Stonebrook #225. GSO, NC

www.massage-as-art.com

336-942-9937 / 336-954-3922

Service Menu

MODALITY	DESCRIPTION	SESSION LENGTH	PRICE
<i>I Rest</i>	Lavender-infused massage oil is used with smooth, gliding strokes. Swedish massage uses firm but gentle pressure to promote relaxation, ease muscle tension, and promote blood circulation. It is a classic massage that will ease your stress and allow you to slip into a state of total relaxation.	60 minute	\$80
		90 minute	\$110
<i>I Release</i>	Designed to remove severe tension, deep tissue massage is a technique used to relieve muscles and their connective tissue below the surface. It helps to improve range of motion, relieve pain, and heal injuries in deep muscle layers.	60 minute	\$80
		90 minute	\$110
<i>Forget Me, Knot!</i>	Commonly known as "knots," myofascial nodules can cause severe pain and muscle dysfunction. Trigger Point Therapy focuses on the release of said knots to alleviate common ailments such as sciatica pain, shoulder pain, and stiff neck, to name just a few. This highly effective treatment includes icing, heat, and gentle stretching.	60 minute	\$80
		90 minute	\$110
<i>I Heal</i>	Using light touch techniques, Oncology massage applies gentle strokes designed to calm the nervous system by stimulating the Merkel cells present just below the skin. Massage reduces anxiety, eases pain and fatigue, helps control nausea, and improves sleep. Most importantly, massage does NOT spread cancer! Our certified therapists will carefully customize each session to meet your specific needs.	60 minute	\$80
		90 minute	\$110
<i>Jade Bliss</i>	A luxurious take on Hot Stone massage . Semi-precious Jade stones are heated and then lubricated with aromatic oils to provide a unique experience, tremendously nurturing and centering. The therapeutic effects of heat combined with the high vibratory energy of Jade induce deep muscle relaxation as well as protecting and supporting loving heart energy.	60 minute	\$80
		90 minute	\$110
<i>Herbal Rescue</i>	Traditional Thai herbal ball massage is a feast for the senses! Medicinal, anti-inflammatory aromatic herbs are wrapped in a cotton cloth and then steamed to release their mighty healing powers and aromas. Lemongrass, ginger, turmeric, and camphor are some of the 14 herbs used in this ancient healing modality to effectively combat muscle and joint inflammation as well as respiratory ailments. And you get to take them home!	60 minute	\$95
		90 minute	\$125

A \$20 transportation fee applies for In-home appointments

COMPLEMENTARY AROMATHERAPY

We believe scents positively affect our sense of wellbeing and will further enhance your massage experience, so we want to make it a gift to you. We welcome you to choose your favorite scent (s) from our collection of over 20 therapeutic quality essential oils as our way of saying “THANK YOU” for booking your massage with us!

ADD-ON TREATMENTS \$10

- ♥ **Oh, So Precious!** Cold semi-precious Jade, amethyst, and quartz stones are used to gently massage the face. Helps reduce swelling and tone the skin.
- ♥ **Happy Feet:** Reflexology-based foot massage with hot towels and warm aromatic oils. You'll be ready to dance the night out!
- ♥ **Head Over *'Heals'*:** Nurturing and relaxing scalp massage using a powerful combination of Peppermint, Rosemary, Sweet Orange, and Tea Tree oils to promote a healthy and lustrous hair (and scalp!)

PACKAGES: We offer bundles of five sessions to save you \$50! You may choose any modality or a combination of modalities from our Service Menu. Add a one-time fee of \$15 for *Herbal Rescue*.

- ♥ 5/60 minute sessions \$350
- ♥ 5/90 minute sessions \$500



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