

Iron Haus Massage Therapy

Swedish Relaxation Massage

For the ultimate in stress relief and pampering, a smooth, flowing style that promotes deep relaxation, improves circulation, range of movement, relieves muscular tension, improves sleep patterns and increases blood and lymph supply and increases the rate of removal of metabolic waste products. Choose from a 30 minute, 60 minute or 90 minute session!

Member	30 minutes	\$35	Non Member	\$40
	60 minutes	\$65		\$70
	90 minutes	\$95		\$100

Deep Tissue Massage

Includes components of relaxation massage combined with techniques for dealing with tight muscles which are causing general fatigue and pain. Deep tissue massage deals with painful conditions on a therapeutic level and may involve concentrating on a particular region of the body associated with the discomfort. Deep tissue massage techniques may include trigger point therapy, acupressure points, as well as hot and cold therapy stones to help reduce adhesions in muscle tissue. Choose from a 30, 60 or 90 minute session!

Member	30 minutes	\$45	Non Member	\$50
	60 minutes	\$70		\$75
	90 minutes	\$100		\$105

Hot Stone

A massage that incorporates relaxation massage with the healing and balancing properties of hot basalt stones. This massage is perfect for tense muscles and painful joints. The application of heat to the body acts as a vasodilator, increasing circulation and metabolism, decreasing pain and muscle spasm while softening the tissues and raising the body temperature. The heat of the stones warms the skin which allows for the absorption of moisturizing and therapeutic oils while simultaneously preparing the muscles of the body so the therapist can work into the deeper muscle layers. Choose from a 60 or 90 minute blissful session!

Member	60 minutes	\$75	Non Member	\$80
	90 minutes	\$95		\$100

Reflexology

Treat your feet! Enjoy a gentle exfoliating scrub followed by a moisturizing massage that involves the use of thumb and finger pressure on the reflex points of the feet to assist in achieving balance within the body. Available in a 30 minute session.

Member	\$35	Non Member	\$40
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