

# Cascade Massage Therapy

**Swedish**- gentle relaxation massage using long fluid strokes to increase circulation and release toxins.

**Pregnancy**- unique massage designed for the mother to be. This massage reduces stress, swelling in the arms and legs, as well as relieving aches and pains within muscles and joints.

<b>30min</b>	<b>\$35</b>
<b>60min.</b>	<b>\$65</b>
<b>90min.</b>	<b>\$95</b>
<b>120min.</b>	<b>\$130</b>

**Deep Tissue**- using deeper muscle techniques this massage is excellent for releasing adhesions, tightness and pain in muscles and joints.

**Injury Treatment**- using advanced treatment techniques to decrease pain and increase range of motion from injury such as whiplash, neck/shoulder pain, back/leg pain, carpal tunnel and headaches.

<b>30min</b>	<b>\$35</b>
<b>60min.</b>	<b>\$65</b>
<b>90min.</b>	<b>\$95</b>
<b>120min.</b>	<b>\$130</b>

**Hot Stone**- an incredible relaxation massage using up to fifty heated basalt stones to bring relief to tense muscles and sore joints. This treatment will take you to a new dimension of relaxation.

<b>60min.</b>	<b>\$85</b>
<b>90min.</b>	<b>\$115</b>
<b>120min.</b>	<b>\$145</b>

**Japanese Facial Hot Stone**- A unique massage using smooth heated semi precious stones, fine lines and wrinkles are smoothed away while your natural skin tone is enhanced and is available as an add-on to any massage.

<b>30min.</b>	<b>\$45</b>
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**Reiki** is an ancient healing technique using “Universal Life Force Energy”. By placing hands on the body Reiki is used to balance and clear the chakras and energy fields. This will leave you with a profound sense of relaxation, balance, and a quite joy.

**30min \$30**  
**60min. \$60**  
**90min. \$90**

**Massage Cupping**- Massage Cupping is the combination of massage movements and negative pressure with the use of a suction device on the skin. A vacuum is created within the cup to draw the skin and underlying tissue into the cup. This suction and negative pressure increases the circulation of blood and lymph, relaxes muscles tension, draws stagnation, pathogenic factors, and toxins out of the body.

**30min \$45**  
**60min. \$75**  
**90min. \$105**

**Cellulite Treatments** - Cupping helps to diminish the appearance of cellulite by removing toxins and stagnant lymph that is trapped in and beneath the fat cells including the ones in the subcutaneous layers.

**30min \$45**  
**60min. \$75**  
**90min. \$105**

**Facial Rejuvenation and Facial Sculpting**- Facial Massage cupping is used to enhance skin texture and skin tone by increasing the nutrients to the epidermis level. Decreasing facial lines and loosening rigid muscles within the face and neck by the draining of stagnant fluids to reduce edema and puffiness.

**30min \$45**  
**60min. \$75**

*Gift Certificates Available ~ Billing for Auto Accidents*

***Buy 5 massages get the 6<sup>th</sup> FREE!***

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