Massage Services

Massage Therapy	Members | Non-Members
30 minutes	$52 | $66
45 minutes	$67 | $79
60 minutes	$80 | $95
90 minutes	$115 | $130
120 minutes	$155 | $170

Hot Stone Massage	Members | Non-Members
90 minutes	$142 | $152

Reflexology	Members | Non-Members
45 minutes	$55 | $70

Massage Therapy

Massage therapy relieves the stress and pain of everyday life, assists with muscle recovery after exercise and improves blood supply and nutrition to muscles by increasing circulation.

Arthrossage

Arthrossage is specific to the treatment of arthritis and is performed with the client fully clothed.

Cranio-Sacral

This technique is designed to identify and correct cerebral and spinal imbalances or blockages that may cause sensory or motor dysfunction.

60 minutes: $100 90 minutes: $140

Deep Tissue

These techniques utilize deep tissue and deep muscle massage administered to target the sub-layer of musculature and fascia. Deep tissue massage help alleviate chronic muscular pain, assist in injury rehabilitation and reduce inflammation-related pain caused by arthritis and tendonitis.

Hot Stone Therapy

Hot stone therapy involves the use of both heated and cooled stones, combined with traditional massage techniques, to create a beneficial and relaxing experience.

Lymphatic Drainage

Lymphatic drainage is a gentle, subtle, low-impact, hands-on technique used to reduce swelling and decongest tissues and joints. It may be employed to alleviate sinus pain, assist in detoxification, speed healing or address chronic lymphedema.

Prenatal Massage

By incorporating modified techniques, prenatal massage can positively impact the muscular tension that develops during this time. This massage will increase relaxation, reduce anxiety and provide relief from the aches and pains of pregnancy.

Reiki

Sometimes called “energy work,” Reiki is a Japanese technique for stress reduction and relaxation.

Sports Massage

Sports massage consists of specific components designed to reduce injuries, alleviate inflammation, and provide warm-up for athletes before, during, and after their training regimens.

Swedish Massage

This is the most common whole-body technique, designed to relieve stress and tension through the use of gliding and kneading strokes.

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Advocate Good Samaritan Hospital
Health & Wellness Center