

## Massage Offerings

---

### ➤ **Fascial Stretch Therapy**

FST is a method of fast, effective & lasting manual therapy through assisted mobilization, stretching and active release techniques. It is an assisted deep tissue stretch with the goal of improving your overall flexibility of your muscles & connective tissues by focusing on the fascial lines that run throughout your body.

#### **What can you expect?**

After a discussion of your chief concern, existing symptoms or performance issues, along with understanding your goals, the Fascial Stretch Therapist will make an assessment of your neuromyofascia and then take you through a sequence of assisted stretches to release the fascia and get you into a deeper stretch. You should see an improvement from your first stretch with increased range of motion. After a few sessions you can expect increased flexibility, decreased pain/discomfort and an enhanced performance in your athletic pursuits!

#### **FST Pricing:**

Introductory: \$50 (45-60 mins)

\*Quick-stretch (15-20): \$35

30 Mins: ~~\$60~~/ \$55

60 Mins: ~~\$90~~/ \$85

90 Mins: ~~\$115~~/ \$110

\*\*Quick stretch would be specific to a body area for someone who might want a stretch with an adjustment

#### **Packages**

3 x 30 Minutes: ~~\$145~~; \$135

3 x 60 Minutes: ~~\$220~~; \$210

10 x 60 minutes: ~~\$675~~; \$655

- **Thai Bodywork:** Rejuvenate the body and mind. Wearing comfortable clothing; you will be lying in restorative poses as LauraLouu guides and assist you in Thai Bodywork. Using acupressure and massage like techniques as well as creating a blissful aroma in the room with a stimulating essential oil blend. CBD Healthy Honeys Relief Cream will be applied if with permission.

*A session definitely not to be missed*

**\*\*Add CBD for \$10\*\***

\$75 - 60 min

\$85 - 75 min

\$95 - 90 min