

# Point Lookout Massage Program Menu

30 minutes, \$45 • 60 minutes, \$75 • 75 minutes, \$85 • 90 minutes, \$105

Deep Tissue Massage - A massage affecting deeper tissues.

Foot Reflexology - Specific pressure is applied to the feet to promote deep relaxation, emotional balance and overall well-being.

Scalp, Neck and Back Massage – Clothed or unclothed massage designed to relax and relieve headaches, sinus pressure, neck aches and back aches.

Swedish Massage – Full body session providing a relaxing experience that energizes and detoxifies the body by stimulating circulation.

Reiki – Energy-based work focusing on balancing the mind, body and mental state.

Thai Yoga Massage – The client remains fully dressed in comfortable, loose-fitting clothes and lies on a floor mat. The therapist uses hands, feet, forearms, elbows and knees to apply a combination of massage, and gentle yoga-like stretches in a rhythmic flow of movements.

Warm Stone Massage – Full body massage using warmed stones which penetrate deep heat into stiff and sore muscles resulting in relaxation and pain relief.

Yoga Therapy - A personalized therapeutic practice to address specific physical and emotional needs as well as designing a program to continue daily at home. The work focuses on breathing, meditation and body postures.

## *Specialty Services*

60 minutes, \$85 • 90 minutes, \$125

Cranio Sacral Therapy (CST) - A gentle light touch method offers effective treatment for chronic headache, neck and back injury, chronic stress and pain. The work is done with one fully clothed, resting on a massage table.

Trauma Release Work - Using light touch, imaging and dialoguing techniques, one is able to release the impacts of injuries, accidents, surgery and life challenges and restricted energy patterns from the mind and body resulting in the elimination of symptoms, increased energy and an enhanced sense of balance and wholeness.

Facial Rejuvenation Massage - Also know as Bellanina Facelift Massage, is a pampering, relaxing facial massage that truly improves the appearance of your skin. Through gentle acupressure, lymphatic drainage and facial massage, this treatment can firm sagging skin, soften lines and give skin a fresh young glow. A massage to the hands, feet, shoulders, neck and scalp conclude this luxurious session, leaving you feeling ultimately refreshed, relaxed and pampered.