

The Rejuvenation Spa at St. Rita's

Massage Menu

Swedish Massage: The perfect selection for the person looking for stress reduction and relaxation. Long gliding strokes incorporated with other basic massage movements like kneading, percussion and vibration to enhance circulation and bring the body and mind into entrainment.

- 30 minute-\$40
- 60 minute-\$55
- 90 minute-\$80

Deep Tissue Massage: The best choice for dysfunction of those deeper layers of muscles. Your therapist has the knowledge of anatomy and the deeper layers of muscle and connective tissues that have you feeling tense and bound up and will be able to help resolve your aches and pains at that deeper level.

- 30 minute-\$40
- 60 minute-\$55
- 90 minute-\$80

Cancer Massage: Cancer massage is a special gentle type of massage that replaces the old idea of "hands-off" policy regarding those who suffer from cancer. The basis of this massage is a "healing touch" technique that relaxes the body and allows the client to experience a deep relaxation.

- 60 minute-\$55

Muscle Toning Facial Massage: This treatment targets all the muscles of facial expression to help tone and tighten them while giving you a relaxing experience with massage.

- 30 minute-\$40
- 60 minute-\$55

Hot/Cold Stone Facial: This treatment not only relaxes the muscles of the face but also helps alleviate congestion by adding contrasting heat and cold to the area.

- With muscle toning facial techniques. 60 minute-\$60
- Without additional toning techniques. 30 minute-\$45

Hot Stone Body Massage: Hydrotherapy to help relax the entire body. The heat from the stones allows a deeper state of relaxation than regular massage.

- 60 minute-\$75
- 90 minute-\$95

Manual Lymph Drainage: Assists in maintaining the integrity of the immune system; which in turn strengthens the body against various diseases. The gentle techniques used in this modality encourage lymphatic flow and creates a cleansing process.

- 60 minute-\$55

Sinus Treatment Massage: This treatment is appropriate for those who suffer from sinus pressure due to allergies. It is a combination of manual lymph drainage techniques, general massage techniques and contrast hydrotherapies on the facial sinuses to alleviate congestion and pressure.

- 30 minute-\$40
- 60 minute-\$55

Nerve Entrapment Treatment: The perfect choice of treatment for those who suffer with nerve entrapment pathologies. Your therapist has an understanding of the nerve paths and can work along that path with gentle techniques to alleviate that bothersome pain, tingling, and numbness that are experienced with these dysfunctions.

- 60 minute-\$55

Geriatric Massage: This type of massage is for those clients who are in a debilitated state and cannot receive a vigorous type of massage. While unable to return the body to its youthful vigor, the healing aspect of massage can provide for the relief of the effects of aging and can comfort the body, mind, and spirit connection.

- 30 minute-\$40
- 60 minute-\$55

Paraffin Muscle Toning Facial Massage: This soothing hydrotherapy treatment causes dilation of the underlying blood vessels, increases circulation, increases local metabolism, decreases pain, and decreases tissue stiffness. It is combined with muscle toning techniques for an overall toning of the facial muscles and gives the client a relaxing massage experience. (*not recommended for people who are claustrophobic as it uses a gauze mask under the paraffin, which forms a hardened mask upon the face.)

- 60 minute-\$60

**Pregnancy Massage available upon request

All services are performed by Licensed Massage Therapists

