

## *Spring 2019 Price List:*

*Same Day Apts \$85/hr, \$120/90 minutes*

*Full 45 Minute Massage \$50*

*Full 1 Hour Massage \$65*

*Full 75 Minute \$85*

*Full 90 Minute \$100*

*Full 2-Hour Massage \$140*

*Full 3-Hour Massage \$200*

*Gratuuity Industry Standard: Add 10-25%.*

*Longer appts should be scheduled at lease a day in advance.*

*Draping is optional for Esalen only, please behave responsibly.*

*Shower, \$5 when available. Please ask.*

*Please be jut 5-10 minutes early for your appt.*

*Gift certs and AD military discounts honored M-Thur*

***Apt Hours: M-F 10-8*** (last apt 60-90 minutes prior)

***Saturdays/Sundays 10-3*** (last apt 60-90 minutes prior)

***SUNDAY and Holidays add 25% surcharge***

***OPEN Early/ or Late, by an hour, add 25% surcharge***

***Try Ashiatsu Barefoot Bar Massage and New Ballanain Face Lift Massage.***

*Deniese A. Dietrich, Nationally Certified LMT, MA35051, MM1164*

## *Massage Modality Menu*

### **ESALEN Massage**

Esalen is uniquely mesmerizing experience designed to elevate your mood, decrease your resting heart rate, increase endorphine production and produce an Alpha brain wave state for the very deepest relaxation. The modality is an artful communication and connection between client and therapist which allows a heightened awareness between body and mind. The experience starts with deep calming breaths to stimulate the brains natural alpha waves, central nervous system, and endocrine systems in many of the same ways as meditation does. Esalen is a slow modality that allows the mind to catch up with the sensations being produced in your body. Added in gradually are longer slower sweeping 3-D like strokes from head to toe. A truly unique aspect of Esalen, and the essence of the modality, is the extended calming pregnant pauses which produce the most sensational and exhilarating Zen like effect. A minimum 90 minute apt is necessary for this modality with recommendations for a 2 or 3 hour sessions encouraged. Esalen is a rare holistic modality with heightened results and a uniquely transformative meditative state at it's culmination. Heated oils are used to used to enhance the sensation. It should be noted Esalen is the best glute massage in the industry. Draping is optional for Esalen and you must be totally undressed so as not to disrupt the flow of this lovely experience.

It may be combined with Ashiatsu first and or a 15 minute meditation session at the end.

### **SPORTS Massage**

Add Sports massage to your overall fitness regiment to maximize your fitness benefit. For todays sports enthusiasts we offer pre-event and post-event massage to help boost and condition the whole body. Sports massage gets your circulation optimized while priming your muscles. This modality assists tremendously in your bodys quick recovery from tired sore muscles due to DOMS (Delayed Onset Muscle Syndrom) that would otherwise set in 24 hours after a heavy workout or cross fit type training.

**Sixteen therapeutic muscle stretches** are incorporated. Hot/Cold compresses, moist heat or hydrotherapy may be added. Ashiatsu compressions may be combined with Sports Massage.

### **ASHIATSU Deep Compression massage**

The Ashiatsu overhead bars installed in the ceiling above the massage table are used in this modality. I hold on to the bars while using my body weight for deep foot compressions to the large muscle groups.. The compressions send blood coarsing through the entire body for an absolutely stimulating and invigorating massage that just

can't be achieved through any other modality including deep tissue or deep pressure. It softens the muscles to a pliable state prepping them for the massage while instilling a deeply relaxed state. A special and unique modality you're sure to love! This modality is ideal for dense bodies or anyone healthy enough to crave deeper pressure. Ashiatsu compressions is a 10-20 minute process done before other modalities. Ask for it by name!

### **DEEP PRESSURE Massage - It's NOT Deep tissue**

Deeper Pressure differs from deep tissues in one important way. Where deep tissue tends to "lay on" or stay on a trigger point, knot or tight muscles with small if any movements, deep pressure moves swiftly over the same muscles with rapid repeated motions. It's a quicker paced and invigorating massage leaving a wonderfully stimulated effect. Ideal for spot correction or conditioning.

### **MEDIUM PRESSURE (Therapeutic) Massage**

This modality is usually a quicker moving, faster paced massage designed to "iron out the kinks" and leave you with a stimulated relaxed effect. This modality may also be done slower based on client preference and may vary in rate, pressure and intensity.

### **2-HOUR AND 3-HOUR MASSAGES**

The longer massages are my speciality and I highly encourage them for the added therapeutic benefit. It's true the longer massages allow for exponential increase in deepened relaxation level, lowered resting heart rate which can positively effect overall cardiovascular health and aid in lowering blood pressure and even assist with erectile dysfunction. Ashiatsu compressions are recommended with longer massages when not contraindicated. It is recommended scheduling at least a day in advance.

**THERAPEUTIC ENERGY WORK (Reike, Pranic Healing, The Reconnection)** This is a "no touch" modality where I send energy through my hands to your body about 3-5 inches above the skin. I'm fully trained in several modalities of energy work and can conduct an entire session or incorporate it along with a therapeutic massage.