



Wellness

INTEGRATIVE WELLNESS SERVICES

MASSAGE THERAPY

Relaxation Massage

30min/ 60min/ 90min

\$40 /\$60/\$85

A light to medium pressure relaxation massage.

Couples Relaxation Massage

60 min \$120

A light to medium pressure relaxation massage in the same room, when available.

Deluxe Relaxation Massage*

60 min/ \$75

A full body massage including aromatherapy, a hot towel foot wrap & a therapeutic heat pack for the back.

Deluxe Couples Massage*

60 min/ \$150 A massage experience

including aromatherapy, a hot towel foot wrap & a therapeutic heat pack for the back. Done together when available.

Prenatal Massage

30min / 60min

\$40 / \$60

A session designed to promote stress release, relieve fatigue, pain, tension, and stiffness.*Must be between 12-36 weeks

Lavender & Sage Aromatherapy Massage

90 min \$90

Relax and renew with our lavender sage aromatherapy service! The lavender will leave you feeling completely at peace, while the sage oil will purify, cleanse, and uplift your spirit!

Deep Tissue*

60 min/ \$75

Full body deep tissue massage for focusing on your tight, tense areas that need taming for a relaxed mind and body.

Sports Massage*

60 min/ \$75

Sports massage has many beneficial effects in athletes. Sports massage can be used pre-performance, post-performance, during training or for rehabilitation. Athletes of all levels may benefit from sports massage.

Bamboo Massage*

70 min/ \$90

Bamboo sticks will be integrated into your full body massage, working deeper in the muscle.

Melt Away*

60 min/\$70 / 90 min/ \$95

In this full body massage warm stones will be incorporated in our neck & shoulder routine. There's no better way to get rid of those tense, achy muscles!

Aromatherapy Massage*

60 min/ \$65

Add aromatherapy of your choice from our selection will be incorporated into your full body relaxation massage.





MASSAGE THERAPY

Stress Buster*

60 min/ \$80

A wonderful alternative to a full body massage. This treatment is suited for people with chronic muscular neck & shoulder tension. Essential oils calm and balance stress levels, a detoxification mud pack is applied to the upper back. As the mask softens & relaxes the muscles, your tired feet are gently massaged with a cooling peppermint foot lotion.

90 Minute Stress Buster Deluxe*

90min/ \$95

This service is a full body massage with all the perks of the stress buster.

Hot Stone Massage*

75/Min \$95

This 75 minute session will provide relaxation, stress relief, and ease muscle tension. Warm stones are incorporated into your full body massage for a wonderful relaxing experience.

Gentle Touch Therapy

60 min \$60

This service is for clients that are on certain medications or have medical conditions that may be contraindicated for traditional massage. A combination of gentle pressure, breathing & relaxing techniques will be incorporated into the session. A Physician's script for massage will be required, which will allow us to provide the appropriate care to help you relax and reach your wellness goals. We will schedule you with a therapist that offers this service.

Therapeutic Massage

45 min \$70

This massage is for specific areas that you are experiencing pain, tightness or restriction. It is not a full body massage. The therapist will use a combination of modalities to help relieve pain and pressure in those problem areas. 45 minutes

Cupping*

30 min \$45

Cupping therapy is an ancient form of alternative medicine in which a therapist puts special cups on your skin for a few minutes to create suction. People receive cupping for many reasons, pain management, inflammation, blood flow, relaxation and well-being.

Add On to Massage Services

Peppermint Foot Twist* \$20

Experience a soothing foot massage using our cooling peppermint foot lotion.

Warm Stone Placement* \$15

Enhance your relaxation with heated stones placed for your comfort.

Aromatic Heat Therapy* \$5

We will incorporate our heated, aromatic heat pack into your service to help ease your muscles.

Full Back Heat Pack* \$8

Perfect for relieving stress, tension, & muscle pain. This extra large back wrap covers shoulders to lower back.





ENERGY - REIKI-CRYSTALS

REIKI

60 Minutes--\$65

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. Reiki helps to remove the blockages; it helps to alleviate physical pain, reduce your stress and anxiety, and calms your mind.

CRYSTAL HEALING

60 Minutes--\$70

Crystal healing therapy involves placing crystals on and around the body to draw out negative energy in specific areas. It helps to promote physical, emotional and spiritual healing.

CRYSTAL HEALING FACE MASSAGE

30 Minutes--\$40

Shift your vibes with a soothing face massage with Reiki and crystal placement on and around your face.

CRYSTAL HEALING FOOT MASSAGE

30 Minutes--\$40

Reconnect with a soothing foot massage, Reiki and crystal placements will help you ground your energy, to help you reconnect.

CRYSTAL HEALING MASSAGE

60 Minutes \$85/ 90 Minutes \$110

We will discuss your emotional stressors and choose crystals to support your healing journey. You will receive a Swedish massage, then we will place crystals on and around you to enhance their healing abilities along with Reiki.

ANGEL HEALING THERAPY

60 Minutes: \$70

Angel Healing Therapy is a safe and gentle way of releasing energy blockages that can cause imbalance and disease within the body. This energy helps to clear any blockages we may have in the physical, mental, emotional and spiritual/karmic layers of the body. Angelic Healing works with the love and healing of the Angels. The therapist is a vessel to let the healing of the angels pass into the client.





SOUND HEALING - MEDITATION - YOGA

SOUND HEALING

60 Minutes: \$70

Sound healing therapy uses aspects of music to improve physical and emotional health and well-being. During this session, quartz crystal singing bowls, gongs, tuning forks, chimes and other instruments produce a matrix of healing energies that are used to induce relaxation, expansion, clearing, and rejuvenation on every level of your being.

CHAKRA BALANCING

30 Minutes (Upper or lower Chakras) \$40

60 Minutes (Full Body) \$70

There are seven chakras running along the spine and link to the physical, energetic, emotional, mental, social and spiritual selves. When Chakras are out of alignment they can cause stress, anxiety, worry, as well as illness. A Chakra Balancing session will include Reiki, crystal and sound healing to help balance, purify, and energize your Chakras.

PRIVATE YOGA/MEDITATION

60 Minutes: \$70/ 90 Minutes: \$100

During our session, we will lead you through low-impact sequences of poses done at a slower pace, connected with breath, and a guided meditation, specifically designed for you and your physical and emotional needs.

CRYSTAL MEDITATION

30 Minutes \$40

During this session, we will discuss your specific issues and tailor your experience accordingly. We will use breath, mudras, affirmations, visualizations and essential oils to enhance your experience. Crystals will be placed on and around you to create an energy grid, based on your intentions.

SPIRITUAL COACHING

60 Minutes: \$75/ 90 Minutes \$110

Are you looking for clarity, or direction in your life, but feeling a little stuck on what to do? We offer Spiritual Coaching sessions to help you navigate, dust off the corners of your soul that need to be healed, and guide you back into the light. In these sessions we will explore the areas that you are feeling uneasy, and the areas you would like to improve, and then together form a weekly plan for you to focus on. We will pull cards for clarity, affirmations, lead you into a meditation and clear your energetic space with Reiki. Crystals will be placed on and around you to create an energy grid based on your intentions. Sound will be used to bring harmony to your Chakras.





FITNESS - PERSONAL TRAINING

Personal Training 60 minutes \$50

Introductory rate! Initial appointment includes assessment & measurements. Progress will be measured monthly. Set your fitness goals!

If you are ready to take the leap into a healthy lifestyle, LET'S GO!!



YOGA FOR FITNESS

Yoga by Design with Roz 60 minutes \$75

Private 1:1 yoga lesson offers individualized attention to your unique needs and/or body type. You will properly be educated on your alignment and safest way to do yoga poses. This will reduce potential injuries and allows to reap the rewards that yoga has to offer. In private lessons we can focus on enhancing flexibility, stress relief, proper yoga pose alignment, and learn about certain styles of yoga (eg. Vinyasa, PowerYoga).

If you're a beginner, experienced, or just prefer to work in a one-on-one setting vs a group, this is the class for you.



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Integrated Wellness for Well-being

As we move forward from a world wide health crisis, we will continue to create, connect and provide a community atmosphere for well being. Our services are purposely diversified to offer many options for those seeking a healthy lifestyle. We are body, mind & spirit focused. We are all unique, we will continue to create & provide a space for you to feel safe, nurtured & rested.

We have learned a strong immune system and mindfulness is important to our health. Being actively involved in our personal well-being is a path we need to take. We strive to grow & collaborate with the best in the industry while dedicating our time and energy to educating our team & our community.

The Massage Academy opened in 2003. We are licensed by the PA Dept. of Private Licensed Schools. Our focus was to train qualified Massage Therapists to fill the need in the Pocono area. Since then, we have graduated many excellent therapists! We have helped thousands of people in the community at our massage therapy student clinic & wellness center. We offer "well being" services to allow you a better quality of life . We are affordable, which allows you to book more often.

Policies, Cancellations & Important Information

*All service times reflect the appointment session. If you arrive late, we will have to adjust your session time to be on time for the next client. But you will still receive a great massage! There is a 50% service fee charge for No Show/Late Cancellation Fee. We require a 24 hour notice if you must CANCEL so we can accommodate another client & fill the therapists schedule. All Prices , Schedules & Services are subject to change without notice**

Please inform us of any new health changes, pregnancy, address changes, e mail or phone numbers. Appointment "session" times reflect approximately 5-6 minutes for you to comfortably prepare for your service as well as a few minutes after your massage.

COVID Safe environment - we will follow guidelines to keep our clients, staff & families safe.

Some services may not be offered at all times. Services, prices, schedules & availability are subject to change without notice.

**Not recommended for Pregnant Women.*

***Some medical conditions may be contraindicated for massage.*

Please see our FB & website for updates, specials & look for our monthly newsletter in your email the 1st of each month!

***We are pleased to help you reach your healthy lifestyle & well-being goals.
Schedule online & purchase Gift Certificates using the links on our website or call
570-421-5014
www.massageacademyllc.com***

7/2021



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