

Massage

60 minutes \$70.00
90 minutes \$90.00
(Actual table time)

Swedish Massage

Sweep away stress with our Swedish massage. Increases circulation, detoxify cells and release tension. Suitable for individuals with health challenges.

Deep Tissue Massage

Deeper and stronger massage strokes allow our massage therapist to target sore or overworked muscle groups more effectively. Deep tissue massage not only helps to improve workout recovery time, it also prevents muscle tension and tightness.



Sports Massage

Repair muscles injured by over doing exercise or sports. Using a combination of deep tissue, stretching and Swedish massage our massage therapist will zero in on each zone of distress and release the area of discomfort. Benefits include increased flexibility and prevention of further injury.

Lymphatic Drainage

Removes toxins and promotes drainage. Keeps the lymphatic system freely flowing and prevents infection and disease—especially beneficial for lymph edema, or if lymph nodes have been removed. Relieves swollen glands and joint inflammation. Encourages regeneration of tissues, including injuries and burns.

Bamboosage 60 min/\$80.00

An exotic massage treatment which utilizes hand crafted warmed and oiled bamboo tools of different sizes. This luxurious treatment involves long, soothing rhythmic strokes and deep pressure application. The combination provides very deep relaxation while soothing away muscle tension and pain. Essential oil blends are added to this treatment to further enhance the benefits.

- Extreme relaxation for the body and mind
- Reduces tension, anxiety, & stress
- Makes skin more supple
- Relieves tightness in muscles & tendons
- Increases circulation



Rain Drop Therapy 60 min/ \$80.00

A healing technique using pure essential oils. Combining aromatherapy, reflexology, massage and moist heat to create healing and cleansing through structural and electrical alignment to the body. Restores total balance, harmony and body wellness. Boosts the immune system and extremely beneficial at the start of a cold. To retain maximum benefit, do not shower for 24 hours after this service.



Swe-Thai Massage 60 min/\$80.00

A unique style of massage that successfully and delightfully blends the relaxing strokes of the Swedish massage with the wonderful stretching techniques of traditional Thai massage. This may be the ultimate combination therapy for relaxation. Although the entire body is massaged, this treatment is superb for neck and back pain. Which seems to be the primary areas of concern because that's where most people carry stress.





Benefits of Massage

- Physically relaxes the body
- Calms the nervous system
- Slows respiration
- Loosens tight muscles
- Stretches connective tissues
- Reduces chronic pain
- Improves skin tone
- Increases blood and lymph circulation
- Speed the removal of metabolic waste
- Increases red blood cell counts
- Speeds the removal of metabolic waste
- Increases red blood cell counts
- Relieves tired and aching muscles
- Stimulates the release of endorphins
- Improves muscle tone
- Relieves cramps and muscle spasms
- Increases flexibility and range of motion
- Speeds recovery from injuries and illness
- Strengthens the immune system
- Reduces swelling
- Reduces swelling
- Reduces scarring
- Improves posture
- Reduces tension headache
- Increases tissue metabolism
- Decreases muscular deterioration



Policies

New Clients: Please arrive 10 minutes early to complete our intake forms.

Your appointment is "you" time! Please make alternative arrangements for children.

All Clients: Arrive a few minutes early so we can get you on the table at the start of your appointment time. Arriving late can deduct time from your service.

Cancellations require a full 24 hour notice. Cancellations received with less than 24 hour notice will be charged **in full** for the missed appointment, unless we can fill your appointment slot.

Gratuities are appreciated for extra-ordinary service.

In our ensuing professional relationship, sexual intimacy is never appropriate.

Services and menu prices are subject to change without notice.

Gift certificates are valid for 3 months.

Thank you for your business!
We appreciate your compliance with our policies.

For more interesting information
please visit:

www.wellitude.com

Massage Therapy

303.554.1600

Appointments Recommended
Walk-ins Welcome

www.ewwellness.com

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