

Massage Therapy Menu



Swedish Massage:

This gentle, relaxation massage offers a traditional manipulative technique used to promote relaxation and ease muscle tension. This includes sweeping movements, kneading, vibration friction and percussion. Can be gentle and slow or vigorous and stimulating based on the needs and wishes of the client. This massage is especially beneficial for those who just want to relax and release stress.

30 Minutes \$50- 60 Minutes \$75- 90 Minutes \$105-



Therapeutic Massage:

Therapeutic Massage can help increase range of motion, decrease inflammation, decrease pain, increase flexibility of the connective tissues and overall help speed up recovery time of injuries. In some cases, massage is recommended by a health professional and may be performed as part of a larger treatment plan. For example, someone in physical therapy for an injury might have regular therapeutic massage to loosen muscles, improve muscle tone, and increase flexibility. Likewise, it can be used to supplement wound care, cancer care, and a variety of other treatments. Physical therapists and your massage therapist will work together to help ensure you receive the best care for recovery.

60 Minutes \$85- 90 Minutes \$115-



Sports Massage

This massage combines Swedish, Shiatsu, Neuromuscular Massage, Deep Tissue and stretching techniques to concentrate on the areas that are directly related to your sport. Receive a sports massage to prepare for peak performance, prevent injury, and also treat previous injuries. This is a great way to flush away impurities and stretch overworked, tight muscles.

30 Minutes \$50- 60 Minutes \$75- 90 Minutes \$105-



Watsu Massage:

An ancient form of Japanese massage called Zen Shiatsu, adapted to the comfort and support of warm water, this aquatic therapy utilizes passive movement with gentle stretching to facilitate deep relaxation and promote wellness. The soothing warm water is an ideal medium for freeing the body of unwanted stress and tension in a safe and nurturing environment.

60 Minutes \$90-



Pre and Post-Natal Massage:

Promote relaxation, soothe nerves, and relieve strained back and leg muscles. During and after pregnancy, regular massages may not only help you relax, but may also relieve insomnia, joint pain, neck and back pain, leg cramping, and sciatica. Additionally, it can reduce swelling, relieve carpal tunnel pain, and alleviate headaches and sinus congestion — all common pregnancy problems. Massage may also lift depression without the use of medication, according to some scientific studies.

30 Minutes \$50- 60 Minutes \$75- 90 Minutes \$105-



TAHOE CENTER FOR HEALTH
AND SPORTS PERFORMANCE