

Renee DeLisle's Massage Services

	30 min.	60 min.
Swedish Massage	\$40	\$70

Are your legs and back bothering you? Maybe it's your hands and feet? Pick a few areas and during the thirty minute massage, our therapist will ease your pains. If you have sixty minutes available, enjoy this full body table massage which works the back, neck, shoulders, pectorals, face and scalp, front and back of arms and legs, hands, and feet. Gluteal and abdominal work is optional and any of the previously mentioned areas can be omitted based on your preference.

Deep Tissue Massage	\$45	\$80
----------------------------	-------------	-------------

This treatment is aimed at the deeper layers of muscle tissue, with a more focused touch to help relieve chronic muscle tension. Our therapist will use slower strokes and deep pressure to work out any persistent muscle tension you may have.

Seated Chair Massages	\$1 per minute
------------------------------	-----------------------

If you don't have time for a full massage, treat yourself to a seated chair massage. Choose any amount of time between 10 and 20 minutes and pay by the minute. The massage may be short in duration but the effects will last all day.

Aromatherapy Add-On	\$5 per session
----------------------------	------------------------

Choose between three of our essential oil blends to enhance your session.