

New Services List, Description, and Pricing

Ion Cleanse Foot Detox – 35 mins - \$45

- This session offers an ion-charged detox on a cellular level. The ion cleanse works to interact with your body to neutralize the positive and negative ions within your body, restoring balance, and promoting a sense of calm. The ion cleanse supports physical detoxification, and mental relaxation, helping you to feel lighter and more centered. Improve your energy, focus, and relaxation after just one session! Regular monthly sessions can enhance your body's natural detoxification processes, providing lasting benefits of clarity, energy, and overall well-being.

Infrared Detox Massage – 90 mins - \$145

- This session offers a 60 min massage followed by 30 mins wrapped in the HealthyLine Brand Far-infrared heated mat to support reduction in joint pain, stiffness, and can provide temporary relief from back pain, and, using hot stone therapy to promote decreased stress levels and increased serotonin levels. This service can also provide natural detoxification assistance through circulation enhancement for muscular health and facilitating movement in the lymphatic system.

Detox and Ion Cleanse – 60 mins - \$100

- This service offers a 30 min wrap in the HealthyLine Brand Far Infrared Heated Mat – supporting reduction in joint pain and stiffness, and providing temporary relief from back pain, using hot stone therapy to promote a decrease in stress levels, and increased serotonin. This session can also be a great way to meditate for 30 minutes, helping to clear the mind, and relax the body further. The combination of both the Detox wrap and the Ion Cleanse can help promote balance in the cellular level of the body.

Sinus, Headache, Migraine Relief Session - 60 mins - \$95

- This session focuses on the neck, shoulders and face using massage techniques to promote sinus drainage and pressure relief, facilitating lymphatic movement, and cold gua sha stones to relieve discomfort while promoting relaxation. Cold Stone therapy (or cryotherapy) causes vasoconstriction of the blood vessels, and, once the cold stones are removed, the blood vessels begin to dilate supplying fresh blood and oxygen to affected areas. Using cryotherapy on the forehead, temples, or sides of the face helps to reduce the flow of blood rushing to the areas, this can help to relieve migraines and severe headaches by reducing the pulsing sensations, throbbing pain, and the discomfort of sinus pressure and pain. Combining cold stone therapy, hot towels, and massage can improve the lymphatic flow by opening lymph nodes and draining stagnant fluids.

Full Spectrum Detox Session – 120 min - \$190

- This session includes a 60 min massage, plus 30 mins in the Far-Infrared Wrap, plus a 30 mins Ion Cleanse Foot Detox – This session is for those who are looking to kick start a detox program, gain relief from a recent cold or flu, or to accelerate in eliminating toxins from the body. This session combines the benefits of detox massage, Far Infrared Heated Wrap, and the Ion Cleanse Foot Detox. – Clients can add 10 mins on the Vibration plate for an additional cost -

CBD Massage – 60/90 min session - \$100/\$130

- This service offers Hempfield Botanicals CBD products to enhance relaxation while easing pain and inflammation. This session uses the CBD Body Oil and the CBD Muscle Recovery blends. The oil is used for the entire session, while the Muscle Recovery is used for localized areas of mild to moderate pain and/or tightness, to provide fast and effective relief of muscle, joint, and nerve pain, and inflammation, leaving a cooling sensation to help relax the areas.

Hydrating Body Wrap – 90 mins - \$150

- This session uses Hempfield Botanicals Body Butter and Scrub products to promote healthy hydrated skin. The session uses the HealthyLine Infrared Heated Mat to promote relaxation and calm the nervous system, while you enjoy a 60 min massage, followed by 30 minutes focused on the neck and shoulders, concluding with a foot scrub and massage, all while wrapped in mylar blanket, promoting additional hydration and warmth. Your choice of Seasonal Scented Body Butter for this session.

Details and Descriptions for Add-on Services

Foot Scrub - 15 min add-on to any service - \$20 added cost

- This service provides exfoliation and hydration for your feet through using our Hempfield Botanicals scrub and body butter. After the scrub, your feet will be wrapped in a warm towel while the scrub is applied to the other foot. Then your feet will be hydrated through massage with body butter leaving your feet feeling soft and smooth!

Cupping - \$20

- What is cupping? The modality of cupping uses decompression to help relieve tension and tightness in the muscles - whereas massage uses compression. Cupping therapy is a time-tested technique that uses suction cups to create negative pressure on the skin,

helping to reduce muscle tension, promote blood flow, and support the body's natural healing process. Recent studies suggest that cupping may help reduce pain and inflammation, improve circulation, and enhance recovery by stimulating the lymphatic system and fascia.

- This modality is particularly beneficial for athletes, individuals with chronic pain, and those seeking relief from muscle tightness or restricted mobility. Cupping also encourages deep relaxation, helping to calm the nervous system and reduce stress.
- Experience the rejuvenating effects of cupping and take your recovery to the next level. Your body will thank you!

Muscle Scraping - \$12

- Muscle scraping, also known as Instrument-Assisted Soft Tissue Mobilization (IASTM), is a cutting-edge technique designed to break up adhesions and scar tissue within the fascia and muscles. Using specially designed tools, this modality helps improve blood flow, reduce muscle stiffness, and enhance mobility.
- Science supports the effectiveness of IASTM in enhancing range of motion, accelerating recovery, and decreasing musculoskeletal pain by triggering the body's natural healing response. It's an ideal modality for athletes, active individuals, or anyone seeking relief from chronic tension or stiffness.
- Scientific studies highlight the effectiveness of IASTM in promoting tissue repair, reducing pain, and restoring range of motion by stimulating the body's natural healing response. This makes muscle scraping ideal for athletes, individuals recovering from injuries, and anyone seeking faster recovery and improved performance.

Facial Gua Sha - 15 min add-on to any session - \$20 added cost

- Facial Gua Sha is a gentle, effective technique that promotes lymphatic drainage, reduces muscle tension, and improves circulation. Backed by science, Gua Sha has been shown to help relieve sinus congestion, headaches, and jaw tension by reducing inflammation and enhancing blood flow to the facial tissues.
- This soothing therapy can help release facial tightness, ease sinus pressure, and leave you feeling refreshed and rejuvenated. Ideal for those seeking relief from tension headaches, chronic sinus issues, or simply wanting to unwind while supporting their body's natural healing processes.
- Cold-therapy Gua Sha combines the soothing benefits of traditional Gua Sha with the power of cold therapy to deliver a next-level therapeutic experience. The cool touch helps reduce inflammation, calm the nervous system, and enhance circulation while relieving sinus congestion, headaches, and jaw tension.

Hot Stones

- Hot stone massage is a powerful modality that uses smooth, heated stones to warm the muscles, reduce tension, and promote deep relaxation. The heat from the stones penetrates deeply, improving blood flow, soothing tight muscles, and enhancing flexibility.
- Research shows that hot stone therapy can help reduce chronic pain, decrease stress, and boost circulation by relaxing the nervous system and softening connective tissues. This makes it an excellent option for those dealing with muscle stiffness, anxiety, or simply seeking a deeply restorative experience.
- Melt away tension and restore balance with the healing warmth of hot stone massage!

Detox Ionic Foot Cleanse - can be added to any session - 35 mins - \$45

- The Ion Cleanse Foot Bath is a relaxing therapy designed to help the body release toxins and restore balance. This process works by generating ions in the water that may assist in neutralizing free radicals and promoting the body's natural detoxification pathways.
- Studies suggest that ionic therapies can enhance the elimination of heavy metals and environmental toxins through the skin, reduce inflammation, and improve overall wellness. Regular sessions may support better energy, clearer thinking, and improved physical recovery.
- Reboot your system with the Ion Cleanse Foot Bath and feel lighter, think more clearly, and more energized!