

Massage Services

Swedish Massage

Hands-on therapy to ease aches and pains; as well as assisting the body with its own healing powers: relieves stress, reduces anxiety, improves flexibility, and improves blood & lymphatic circulation.

30 Minutes \$30.00 60 minutes \$60.00
90 minutes \$90.00 120 minutes \$120.00

Deep Tissue Massage

Similar to Swedish massage, the focus is on the deepest layers of muscle tissue, tendons, and fascia: reduces stress hormone levels and heart rate while boosting mood and relaxation by triggering the release of oxytocin and serotonin. Please specify when scheduling your appointment.

30 minutes \$35.00 60 minutes \$70.00
90 minutes \$105.00 120 minutes \$140.00

Myofascial Release

Long, stretching strokes are used to release muscular tensions. Manipulative in nature, rebalance of the body is sought through releasing tension in the fascia.

30 minutes \$30.00 60 minutes \$60.00
90 minutes \$90.00 120 minutes \$120.00

Lymphatic Drainage Massage

Stimulates lymphatic system to help eliminate toxins from the body and strengthen immune system: soothes, relaxes, and is an excellent choice for relieving the pain and swelling of sinusitis, lymphedema, swollen ankles, and pre & post surgery.

30 minutes \$30.00 60 minutes \$60.00

Craniosacral Therapy

Body work with an exceptionally gentle touch to achieve profound results. The primary aim: to enhance well-being by releasing tensions and balancing the craniosacral rhythm within the body.

15 minutes \$15.00 30 minutes \$30.00
60 minutes \$60.00

Hot Stone Massage

This deeply soothing, relaxing specialty massage uses smooth, heated stones; which helps tight muscles release.

30 minutes \$40.00 60 minutes \$70.00

Lava Shells Massage

Harnessing the life energy of the sea, this massage uses shells rubbed smooth by sand and heated from the inside.

60 minutes \$75.00

Pre- & Post-Pregnancy Massage

Helps to reduce stress, decrease swelling in arms & legs, and relieve aches and pains in muscles and joints due to changes caused from pregnancy. \$55-\$60.00

*Length of time and price determined by Trimester and specific needs.

Raindrop Technique

Designed to bring the body back into structural and electrical alignment, this technique is used to address the common imbalances of the modern world: Vitaflex technique and application of moist heat.

60 minutes \$60.00

Reflexology

A deeply relaxing treatment that will enable the whole body to feel good and stay healthy: applying relaxing and therapeutic techniques to work the reflex points of each foot for a general overall treatment to help release any energy blocks and enable the body to unwind and feel calmer.

30 minutes \$30.00 60 minutes \$50.00

Detoxifying Body Wrap w/ Massage

Hydrates, detoxifies, and provides metabolic stimulation. A nourishing mud mask is massaged into skin; then secured with warm wrap. Helps relieve tension, relax the body, and increase energy level.

90 minutes \$90.00

Aromatherapy Scalp Massage

Scalp massage to ease tension, relieve headache and/or sinus pressure.

Men love this!

15 minutes \$15.00

Chair Massage

On site massage intended to relax and improve circulation. Enjoy at the work place or any special occasions; available for groups, sporting events, or special occasions. Inquire for pricing.

Couples Massage

(2) 60 minute same-room massages \$120.00

Or

(2) 60 minute same-room massages &
(2) 15 minute aromatherapy scalp or foot
massages \$150.00

Custom Massage Services

(Inquire for pricing)

Pre- & Post Surgery Massage

Customized to your needs.

Integrative Energy Technique

The focus of this therapy is to clear suppressed cellular memories and emotions.

Acupressure (Level 1)

This therapy releases meridian blockages.

Special Massage Therapies To Treat

Fibromyalgia/Chronic Fatigue
Syndrome/Arthritis

People living with cancer
Breast Cancer Survivors
Hospice Patients

Add Ons

Aromatherapy: Choose your oil & take it home

Single Oil \$5.00

Oil Blends \$10.00

Dry Brushing \$5.00

Infrared Sauna \$10.00

Light Therapy \$10.00

Create A Package!

Mix and match massage with spa services to create your perfect package, or give us a call and let us help you to create your perfect path to peace!

www.massageforyourhealth.com
massageforyourhealth@yahoo.com



The Float Room is a private suite with shower and spa. The float spa is a 4 x 8 foot tub that is 20 inches deep. Filled with 10 inches of 93.5 degree water and 800 pounds of Epsom salt, the float spa offers a near zero gravity space for releasing whatever you need to let go. When you enter a floatation therapy spa, you will achieve a deep state of relaxation. Floatation therapy increases blood flow, releases endorphins, and assists the brain with achieving an alpha wave state of meditation; an excellent choice for people who need healing relaxation, but are not comfortable with a hands on massage.

30 minutes \$25.00
 60 minutes \$45.00
 90 minutes \$65.00



Wellness Center & Spa Services

1011 Market Street
 Hermann, MO 65041
 (573) 486-0199

Business Hours

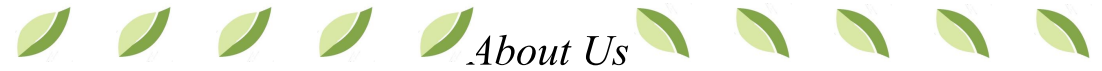
Monday 9:00 am to 6:00 pm
 Tuesday By Appointment
 Wednesday 9:00 am to 6:00 pm
 Thursday 11:00 am to 5:00 pm
 Friday 9:00 am to 6:00 pm
 Saturday 9:00 am to 4:00 pm
 Sunday By Appointment

After hour appointments available with advance notice.

Group Packages Available
Bridal/Wedding Party
Birthday Party
Girls' Weekend
Couples Getaway

Gift Certificates Available

Prices may be subject to change without prior notice.



About Us

At Massage for Your Health, we are dedicated to helping people reach their goals of physical health and mental wellbeing. Whether you are looking for relief from physical tension and pain or simply working to find a sense of peace, we are passionate about providing people with the opportunity to restore their health and achieve a natural balance at affordable prices. We greatly appreciate the opportunity to serve you.

Spa Services

Paraffin Wax & Massage

Immerse hands/feet into melted paraffin wax with essential oils, then wrapped in plastic and warm towels to soothe tired and painful joints. Massage then given.

Hands OR Feet \$10.00
 Hands AND Feet \$15.00

**Toning Facial Massage
 (Neck, Face, & Scalp)**

Helps hydrate and purify the facial muscles and skin. Gentle massage of face helps to increase lymphatic & blood circulation of the facial muscles.

30 minutes \$30.00 60 minutes \$60.00
 *Includes massage of arms, legs, and feet.

Ultimate Foot Package

Feet are soaked in warm water with Epsom salt, scrubbed with sea salt scrub, and mint green tea masque is applied to penetrate the skin for deeper relaxation. Warm towels are used to remove the masque. Feet, ankles, and calf muscles are massaged as the final touch.

45 minutes \$30.00

Ear Candling

This is a simple, but effective method for extracting ear wax build-up, fungus, and impaction from within the ear canal. Helps relieve pain of sinus pressure, headaches, sore throat, swimmer's ear, tinnitus, and hearing aid wearers.

2 candles per ear \$25.00-\$30.00
 *Approximately 10-15 minutes per candle

Infra Red Sauna

This sauna uses dry heat to help relax muscles and detoxify impurities from the body. Great for arthritis and chronic pain, this can also help relax muscles before a massage.

30 minutes (only sauna) \$15.00
 30 minutes w/ massage \$10.00

Light Therapy

Living Sunshine-natural benefits of spending time in the sun without risks of damaging rays. This is great in the winter months.

Add to massage \$10.00