



# Towson Massage Therapy Treatments

**HOT STONE MASSAGE** Very warm stones placed over the body and used to massage taut muscles; extremely relaxing.

call for pricing

**SWEDISH MASSAGE** Broad sweeping strokes of varying pressure enhanced by an oil or cream. Induces relaxation, decreases general muscle soreness, and increases circulation.

60 min/\$50 • 90 min/\$80

**DEEP TISSUE MASSAGE** Medium to deep massage with slight friction to loosen taut muscle fibers and adhesions within muscle tissue. Beneficial for muscle pain and chronic tightness.

60 min/\$50 • 90 min/\$80

**COMBINATION MASSAGE** The best of both worlds! Our certified massage therapists begin the session by working specific muscle groups in tighter areas such as the neck and shoulders with Deep Tissue Massage, then finish the session with Swedish massage to increase circulation and deeply relax the body.

60 min/\$50 • 90 min/\$80

## *Specialty Massages*

**SPORTS MASSAGE** Utilizes techniques such as rocking and vibration to loosen adhesions in muscle, and to increase circulation to assist cellular healing and release of toxins..

60 min/\$50 • 90 min/\$80

**MYOSKELETAL ALIGNMENT TECHNIQUE** Also called MAT, this technique is effective at realigning the body to reduce chronic pain due to injuries and poor posture.

60 min/\$50 • 90 min/\$80

**MYOFASCIAL RELEASE** Deep, gliding pressure affecting the fascia layer over muscles to increase flexibility, range of motion, and reduce pain.

60 min/\$50 • 90 min/\$80