

## SPA PACKAGES

- Carpe Diem .....\$295
- Body Polish
  - Aromatherapy Spa Sauna Treatment
  - Spa Signature Massage
  - Face Lift Massage
  - Foot Soak and Foot Massage
  - *Lite Lunch included*
- A Day of Serenity .....\$245
- Body Polish
  - Aromatherapy Spa Sauna Treatment
  - 60 Minute Hot Stone Massage
  - Foot Soak and Foot Massage
- Chocolate Lover's Paradise .....\$245
- Chocolate Body Polish
  - Chocolate Body Treatment
  - Chocolate Massage
- Pure Tranquility .....\$185
- 90 minute Organic Babassu Massage
  - Facelift Massage
- Time to Relax.....\$165
- 30 minute Deep Tissue Back Treatment with Emu oil and Paraffin
  - Foot Soak and Foot Massage
  - Facelift Massage
- What's Hot! .....\$150
- Aromatherapy Spa Sauna Treatment
  - 1 hour Hot Stone Massage
- Economy Package .....\$95
- Aromatherapy Spa Sauna Treatment
  - 30 minute Massage
  - Foot Soak and Foot Massage
- So, You're a new Parent .....\$90
- Private infant massage class
  - 1 bottle of infant massage oil
  - 30 minute Massage for Mom or Dad

## AROMA SPA SAUNA TREATMENT

Allow the steam to relax and detoxify your body. The Aroma Spa is an excellent way to prepare for massage or to use with aromatherapy for the treatment of allergies or sinus congestion. Ask how we might customize your treatment. Add on to any massage of \$40 or more and save \$5.

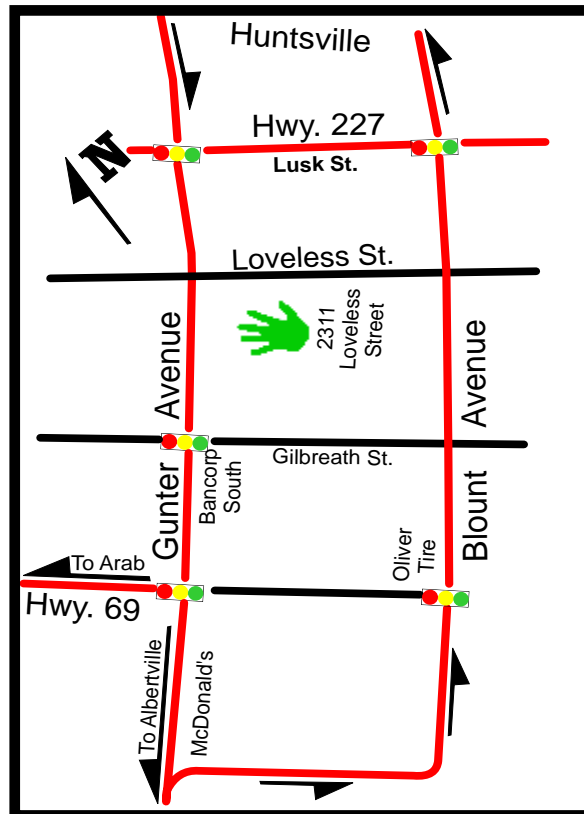
With essential oils - \$25  
Without essential oils - \$20

EAR CANDLING - A centuries old practice used to relieve pressure, wax buildup, and inner ear blockage. The procedure is painless and leaves your ears cleaner.

30 minutes - \$40

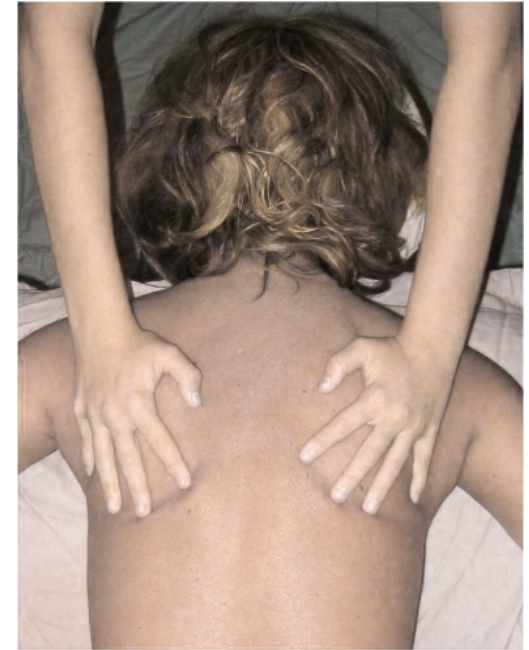
## SPA PRODUCTS

- Massage Oil
- Garden of Life & Original Medicine Supplements
- Aromatherapy Diffusers and Essential oils
- Aromatherapy neck wraps, sinus and chest pillows
- 100% Pure Emu Oil
- ABRA Therapeutic Bath Salts/Lotions



12/2009

# Massage And Bodywork Wellness Spa, LLC



Debra Sewell, NCTMB, LMT E-1334  
Owner/Licensed Massage Therapist

(256) 571-RELAX (7352)  
2311 Loveless Street  
Guntersville, AL 35976

[www.MassageWellnessSpa.com](http://www.MassageWellnessSpa.com)

*Massage and Bodywork Wellness Spa*  
is a Christian owned and operated business.

**Therapeutic massage, on a regular basis,  
is essential to a healthy lifestyle plan.**

It is our goal to provide a healthy, balanced environment and the best service possible to make your visit a wonderful and memorable experience. *'Massage and Bodywork Wellness Spa'* was designed to promote wellness and relaxation to our guests. To ensure a totally relaxing atmosphere, we request that children do not accompany their parents on visits to our spa. Thank you for visiting with us. We hope your visit exceeded your expectations. Please tell a friend.

## THERAPEUTIC MASSAGE

Chair Massage - Take a seat and relax. 10 minutes - \$15

Swedish Massage - Very relaxing stress reliever. Effleurage strokes with light pressure.

30 min - \$45 1 hour - \$70 90 min - \$110

Deep Tissue Massage - Deep pressure massage concentrating on tense and/or knotted areas. Relieves mental and physical stress and tension. Will increase your circulation and stimulate the nervous system, while reducing chronic pain and muscle soreness.

30 min - \$45 1 hour - \$70 90 min - \$110

1 hour focused - \$80

Spa Signature Massage - Body Butter is used to moisturize and nourish your skin. Relaxing eye pads are applied to the eyes and a warm, aromatherapy neck wrap is placed on the neck to promote relaxation and deep heat penetration of the neck and shoulder muscles.

1 hour - \$75

Hot Stone Massage - Hot Stones are placed on the body and penetrate the deeper muscles making them easier to manipulate while massage is being administered. Very relaxing and detoxifying.

1 hour - \$95  
90 min w/deep tissue - \$125

Foot Soak and Massage - Your feet are soaked in a relaxing herbal foot bath. An invigorating scrub is used followed by a luxurious foot cream that is massaged into the feet, leaving the feet feeling wonderful.

30 minutes - \$45

Deep Tissue w/Emu Oil & Paraffin back treatment - A deep tissue massage of the back with 100% Emu oil and a hot Paraffin back treatment to melt away those aches and pains.

30 minutes - \$55

1 hour - \$85

Lymph Drainage Therapy - The LDT process involves the use of gentle massage techniques to aid in the recirculation of body fluids. LDT reduces edema, detoxifies the body, regenerates body tissue, improves the immune system, reduces symptoms of auto-immune disorders, relieves chronic pain and more.

30 min. - \$60 60 min. - \$95 90 min - \$155

### **Prepaid Packages for LDT:**

180 minutes regularly \$360.....\$295

360 minutes regularly \$720.....\$655

Oncology Massage - Delicate touch and energy work to help relax and soothe. Special training has been acquired to effectively and safely treat those suffering from cancer.

30 minutes - \$45

Sinus Massage and Sauna - This massage will relieve pressure in your sinuses and clear the intercostals and sternum to promote easier breathing. Essential oils are applied to the sinuses and a herbal sinus pillow is placed on the sinuses, followed by a therapeutic aromatherapy sauna treatment.

30 minutes - \$45

## SPECIALTY MASSAGE

Organic Babassu Massage - Experience the Ultimate in Massage! Choose from our 100% Organic Babassu essential oils which will be mixed with our massage oil and warmed to just the perfect temperature, cold marble stones will be placed over the eyes as you enjoy the Ultimate Massage! Sweet Dreams.....

1 hour - \$85

90 minutes - \$125

Facelift Massage - A series-oriented approach to facial rejuvenation. Increases firmness, tones skin, stimulates collagen, and smooths fine lines and wrinkles. See FLM brochure for package pricing.

Infant Massage Classes for Parents or Caregivers - Studies show that infants who receive massage therapy have improved sleeping patterns, diminished anxious behavior, reduced stress, and they gain weight faster. Massage Therapy can also help reduce the symptoms of colic.

\$50

Pregnancy Massage - A specialty massage to relieve the pains associated with pregnancy. Must not be in the first trimester and you must have permission from your OB-GYN. Call for information.

30 minutes - \$55

1 hour - \$85

Chocolate Massage - Highly moisturizing and nourishing to your skin. Contains a high level of Vitamins E, Almond oil, Grape seed oil, coconut derived skin conditioner which soothes, softens and hydrates the skin. Its antioxidant properties help to reduce the harsh effects of time and environmental stress on the skin.

Approximately 1 hour - \$90

## BODY TREATMENTS

Chocolate Body Treatment - Warm chocolate is painted on to your body then you are cocooned in blankets to allow the moisture to soak into your skin. Chocolate Shea Butter, cocoa butter, honey, glycerin and cocoa bean extracts combined to moisturize and soften dry skin.

45 min - \$80

Body Polish - This treatment is gentle enough for sensitive skin while eliminating dull, flaky skin and replenishes lost moisture. Contains Jojoba, Avocado, Peach and Sunflower oils. Followed with a light massage.

1 hour - \$90

Chocolate Body Polish - The cocoa plant reduces degeneration of skin cells and restores skins flexibility. Finely crushed apricot seeds soften and smooth your skin. Rich natural oils of Safflower and Avocado are blended together moisturize your skin while it cleans. Avocado Seed extract provides natural skin rejuvenating properties. Botanical extracts of Rice, Wheat, Oat, and Soy proteins have natural cleansing properties and moisture retention, Mother Natures solution to pollution removal.

1 hour - \$90

**All procedure times are estimates.**

**Prices subject to change without notice**