

MASSAGE MODALITY MENU

deep tissue/sports/thai-stretch
swedish/geriatric: gentle, integrative
lymphatic: detox, pre/post surgery
reflexology: foot & hand pathways
cranial/sacral: tension unwind
energy/reiki/intuitive: restorative
prenatal: nurturing

EXTRAS

aromatherapy: antiviral, healing
hot stones: deep heat
cupping/guasha: loosens fascia
breathwork: better breathing habits
therapeutic imagery: mind/body

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