

Massage Therapy Treatments at HCHC

Relax

Swedish Massage

Swedish Massage uses long gliding strokes and kneads muscles for relaxation, reduced muscle tension and increased circulation.

One Hour \$40 or Half Hour \$25

Restore Balance

Structural Integration

Postural alignment with the earth's gravitational field increases general well-being, physical adaptability, resilience and reduces biomechanically caused pain. By manipulating the connective tissue (fascia), Structural Integration shifts the body's segments to a more balanced position for effortless support in gravity and facilitates re-education of movement patterns.

One Hour \$40

Free Restrictions

Sports Massage

Before athletic events prepare for optimal performance. Recover and ease muscle strain after an event or train harder and with less injury. Sports Massage is also beneficial for people with chronic pain, restricted range of motion and need alleviation of pain due to injury.

One Hour \$40 or Half Hour \$25

Relieve Tension

Chair Massage

Remain fully clothed resting in a chair designed for concentrated massage of back, shoulders and neck. Quickly relieve tension and improve circulation.

Quarter Hour \$15

Friends & Family

Partner Massage

Bring a partner and learn basic Swedish Massage strokes and share massage with family and friends at home.

One Hour \$40

Mother/Baby Massage

A gentle Swedish Massage relaxes mothers to be and gives new mothers a break from the demands of childcare. New mothers are welcome to bring a little one to learn massage for baby at home.

Half Hour \$25



Luxuriate

Head, Neck & Hand Massage

Calm the mind and luxuriate in a deeply relaxing massage of head, neck & hands.

Half Hour \$25

Foot & Leg Massage

Reduce tenderness and swelling, calm and cool tired feet and legs, sooth varicose veins.

Half Hour \$25

Lotions & Oils

Pro Touch Ultra

Gentle enough for delicate, sensitive skin, clean, no residue finish.

Contains: Aloe Vera, Apricot Kernel & Jojoba.
For Swedish, Partner, Mother/Baby, and Head, Neck & Hand Massage

Peppermint Pedango

Gently calm and cool tired legs and feet, ease muscle soreness.

Contains: Cooling French Peppermint, Invigorating organic Lemongrass and organic Tea Tree oil.

For Foot & Leg Massage

Achy Muscle Formula

Alleviate muscular pain, bruising, sprains, inflammation and stimulate circulation.

Contains: Arnica, Rosemary and Clary sage
For Sports Massage