

## Massage Services Pricing Guide

### **Reflexology**

By using the thumb and fingers to stimulate nerve endings in each foot, reflexology improves circulation and lymphatic flow. By helping relieve stress and tension, reflexology is helping the body heal itself by restoring balance.

60 minute treatment: \$125

90 minute treatment: \$170

### **The Jewel**

In the heart of La Jolla, Spanish for "The Jewel", experience a soothing and therapeutic massage that will leave you feeling wonderfully rejuvenated.

60 minute treatment: \$125

90 minute treatment: \$170

### **LJBTC Signature Sports Massage**

Promote optimal athletic performance and accelerate recovery time with Deep Tissue, Russian and Tui-Na massage, incorporating slow, brisk, light movements, stretching and specialized protocols.

60 minute treatment: \$125

90 minute treatment: \$170

### **Neck, Back & Shoulder Massage**

Target the sore and tight muscles in the upper region of the body with a combination of the finest Swedish and Deep Tissue massage.

60 minute treatment: \$125

90 minute treatment: \$170

### **Pregnancy Massage**

Nurture the mother-to-be with this gentle and effective massage intended to ease the discomforts of pregnancy, while helping expectant moms savor this special time in their lives.

60 minute treatment: \$125

90 minute treatment: \$170

### **Adding aromatherapy or a deep tissue massage is \$10 extra**

**Zestful Spindrift-** an uplifting and rejuvenating mixture of orange, ylang ylang, and vanilla oils are sure to excite the senses.

**Serene Moments-** the soothing properties of chamomile oil provide a great calming escape.

**Inspirational Sunset-** refreshing lavender helps aid restoration of the body's natural balance.

**Luminous Sand-** improve your bodies performance potential with this lemon grass & sage oil combination.