



# The Spa

at Queen City HealthPlex

**Relax. Refresh. Renew.** Care for your mind, body and spirit with a rejuvenating experience that supports your overall well-being.

Our attentive and experienced staff are here to meet your needs through a full range of massage and skin services. We're here to care for you, inside and out.

## Massage Services

### **Prenatal Massage**

Natural touch therapy relieves tension and alleviates pregnancy related discomforts while creating positive energy for your baby.

### **Medical Recovery Massage**

Customized for individuals recovering from surgery or a medical condition or suffering from chronic pain.

### **Myofascial Release**

Restores symmetry and balance through gentle, sustained pressure that increases range of motion and reduces pain.

### **Craniosacral Therapy**

A gentle technique that focuses on the Central Nervous System and treats mental stress, nerve and back pain, migraines, TMJ Syndrome, Fibromyalgia and other chronic pain conditions.

### **Reflexology**

Reflexology concentrates on applying pressure to points in the hands and feet that correspond to organs and tissue in the body.

### **Body Talk**

Body Talk relies on the innate wisdom of the body to assist clients to tune into emotional issues in their tissues and relieve painful memories.

### **Trigger Points**

Trigger Point Therapy involves the application of pressure to tender muscle tissue in order to relieve pain and dysfunction.

### **Healing Touch Therapy**

Energy therapy using gentle techniques to help re-pattern your energy field and accelerate healing of the body, mind and spirit.

### **The Feldenkrais Method**

Gentle mindful movement to improve posture, coordination, flexibility and function.

### **Massage & Reflexology**

30 Minutes	\$54
60 Minutes	\$77
90 Minutes	\$110