

Colorado School of Healing Arts  
7655 W. Mississippi Ave.  
Lakewood, CO 80226



*relax* and revitalize in the nurturing environment of the Rocky Mountain's finest massage educational facility. We offer the full range of massage therapies and spa body treatments that we've become famous for since 1986. We look forward to serving you.

### *massage*

Your massage experience matters to us. You can request that your massage be focused primarily on relaxation and stress reduction, to assist in rehabilitation for tense areas, or to address long-held tension patterns. Your massage takes place in a private room with adjustable lighting and soothing music to enhance your experience.

### *professional massage*

\$39 – \$49 per hour  
\$48 – \$58 per 1½ hours

### *spa body treatments*

Your spa body treatment is designed to provide an enjoyable and therapeutically beneficial experience. All of our spa treatments are performed by massage therapists who have received advanced training in spa therapies.

### *professional spa body treatments*

\$50 – \$75

# menu of massage and spa treatments

## Swedish massage - deep tissue

Massage releases toxins from the body, provides nutrition to the tissues as well as reduces pain and lowers blood pressure. Long soothing strokes relax tense muscles, increase circulation, and creates an overall sense of well being.

1 hour – \$39 ~ upgrade\* \$49  
1½ hours – \$48 ~ upgrade\* \$58

\* Upgrade your Swedish massage with:

- **Aromatherapy** – a luxurious treatment using essential oils to enhance your relaxation experience. Releases nervous tension and detoxifies the body. Choose lavender, lemongrass or ylang ylang.
- **Therapeutic massage** – a deep tissue massage using a variety of neuromuscular techniques. Not only beneficial for those rehabilitating from an injury but also the weekend warrior and the over-worked gardener.
- **Reflexology** – a variety of pressure point movements which activate the body's immune system, promoting relaxation and relieving stress.
- **Lymphatic drainage** - the ultimate longevity facial. A signature massage of the face, neck and décolleté concluding with the application of a hydrating lotion for a more youthful appearance.
- **Cranial Sacral** – injury, postural and joint restrictions and stress can lead to dysfunction in the nervous system of the body. Using only 5 grams of pressure (the weight of a nickel) the therapist gently facilitates the cranial rhythm into a place of stillness and repose.

## directions to our clinic

### From the East...

At I-25 and 6<sup>th</sup> Ave., travel west on 6<sup>th</sup> Ave. to Wadsworth. Take the southbound exit and travel on Wadsworth until you come to Mississippi Ave. Turn right on Mississippi and right again on Yukon St. and turn into the CSHA parking lot to your right.

### From the West...

Travel I-70 east and exit at 6<sup>th</sup> Ave. Travel east on 6<sup>th</sup> Ave until you come to Wadsworth. Take the southbound exit and travel on Wadsworth until you come to Mississippi Ave. Turn right on Mississippi and right again on Yukon St. and turn into the CSHA parking lot to your right.

## Asian lemongrass bodywrap

Take a mini vacation to the Orient with our Asian Lemongrass Bodywrap. Lemongrass combats the effects of stress and fatigue and has a wonderful tonifying effect on the body. Your wrap will conclude with a massage with our Green Tea Hydrating lotion, leaving you with increased energy and a more youthful appearance!

1½ hours – \$67

## body & sole rejuvenation

Begin our experience with an aromatic foot bath as the stress of the day gently floats away! A reflexology session follows that both relaxes and invigorates the body. Specific pressure points in the feet are massaged, stimulating the immune system. This amazing spa experience culminates with a full body massage that guarantees to leave you de-stressed, detoxified and delighted!

1½ hours – \$75

## hot stone massage with aromatherapy

Melt away tension as warm stones glide over the muscles – the ultimate in stress reduction! Choose either lavender for a deeply soothing treatment or rosemary for a massage that will invigorate and lift your spirits.

1½ hours – \$64

## body polish

Micro buffing beads are combined with ultra-moisturizing jojoba, avocado and peach oils to smooth and polish even the most sensitive skin. Next, you are enveloped in warm steamy towels to reveal silky smooth skin. A luxurious hydrating lotion follows to seal in the moisture and leave you feeling refreshed and renewed.

1 hour – \$50

## appointment hours

Monday evenings have 1½ hour massage sessions starting at 4:00, 6:00, and 8:00.

Wednesday mornings have 1½ hour massage sessions starting at 11:00 and 1:00

Wednesday evenings have 1½ hour massage sessions starting at 4:00 and 6:00.

Saturday mornings have 1½ hour massage sessions starting at 8:00, 10:00 and 12:00.

Saturday afternoons have 1 hour massage sessions starting at 2:30 and 4:00

303-986-2320

[www.csha.net](http://www.csha.net)