



# PROFESSIONAL MASSAGE THERAPY

**Relax** and revitalize in the nurturing environment of the Rocky Mountain's finest massage educational facility. We offer a full range of massage therapies and spa body treatments that we've become famous for since 1986. We look forward to serving you. Your massage experience matters to us. You can request your massage be focused primarily on relaxation and stress reduction, assist in rehabilitation, or to address long-held tension patterns. Your massage takes place in a private room with a therapist of your choice.

**1 hour – \$49 ~ upgrade\* \$59    1½ hours – \$60 ~ upgrade\* \$70**

*For any Massage Therapy service,  
Seniors 60+ will receive a \$5 discount.*

**Swedish Massage** – 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.

## \* Upgrade Menu:

- **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.
- **Deep Tissue** – a deep tissue massage uses a variety of deep tissue and neuromuscular techniques, beneficial for those rehabilitating from an injury but also the weekend warrior.
- **Reflexology** – a variety of pressure point movements which activate the body's immune system, promoting relaxation and relieving stress.
- **Lymphatic Drainage** – a highly effective modality for those affected by swelling as a result from surgery, tissue injury and/or delayed onset muscle soreness. It is particularly effective for relief of sinus congestion, sore throats and colds.
- **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.



**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.

**Hot Stone Massage with Aromatherapy** 1½ hours – \$70

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.

**Body & Sole Rejuvenation** 1½ hours – \$70

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!

**303-986-2320    [www.csha.net/clinic](http://www.csha.net/clinic)**