

# The Massage Spot

Located right off the square

200 E. Elm

Glen Rose, TX. 76043

817-559-0165

Massage - Stimulates the healing energies of the body bringing the body back into balance. Relieving muscle tension, improving circulation and boosting the immune system.

Swedish Massage - A deeply healing and relaxing massage done on a table with the use of oil or lotion. The most common type of massage done in spas. \$30 for 30 minutes, \$50 for 60 minutes, \$70 for 90 minutes, \$100 for 2 hours.

Deep Tissue - \$60 for 60 Mins, \$80 for 90 mins.

Thai Massage - A combination of Massage, stretching, gentle twisting, energy work and meditation all rolled into one. It's done on a mat while fully clothed. \$70 for 60 minutes, \$90 for 90 minutes.

Face Toning Massage - is a system of toning your face and retraining facial muscles, firming and lifting them. Your face will feel stimulated and relaxed. After just one session you can see a differences. This treatment will leave you feeling truly pampered. - \$65 for 60 minutes includes a series of hot towels, feet, hand and arm massage. \$85 for 90 minutes deluxe face toning adds a back, neck and shoulder massage. .

Chair Massage - A fully clothed massage done in a chair with back and neck exposed. Great for when you need a quick neck, back and scalp massage. Time ranges from 15-30 minutes @ \$1 per minute.

Private + Semi-private Yoga Session - a private session to learn how to stretch, move, breathe and relax your body and mind as you move into a greater state of peace. A private session addresses your needs and meets you at your level. \$50 per hour

Gift Certificates Available !!!!!!!!

Angela Fournier, LMT, Yoga Teacher