

# BETHESDA BODYWORKS

*by Eleri*

## MASSAGE SERVICES

### URBAN ZEN

Emphasis on relaxation and letting go of stress and tension—both physical and emotional. This classic technique of Swedish massage is used to deeply relax tense muscles, detoxify the body and rejuvenate the mind.

*60 minutes \$95 • 90 minutes \$135*

### THERAPEUTIC DEEP TISSUE MASSAGE

Penetrating massage aimed at releasing deep muscle tension and spasms, relieving pain and alleviating dysfunction with slow, even pressure.

*60 minutes \$120 • 90 minutes \$165*

### MUSCLE MELT TREATMENT

Maximize relief from tension and pain with a combination of massage techniques using Skincando® signature herbal muscle cream. This cream is crafted from herb extracts and essential oils that alleviate pain and inflammation, increase circulation and promote tissue repair. A relaxing infusion of deep tissue and Swedish massage allows for relaxation and penetration of this healing muscle cream while delivering oxygen/antioxidant to the congested areas.

*60 minutes \$95 • 90 minutes \$135*

### BODY AND SOLE

Blended Classic Swedish with a touch of Vita Flex® reflexology for a total body rejuvenation.

*60 minutes \$95 • 90 minutes \$135*

**First session 30 minutes FREE massage**

240-855-7165 • 4641 Montgomery Ave, Suite 40, Bethesda, Maryland 20014

## ADD-ON SERVICES

Add any of the following services to your healing session.

### BREATHE EASY

A gentle and relaxing massage of the face, neck and head—using pressure point therapy to alleviate sinus tension, congestion and pain achiness caused by it. We add essential oils of eucalyptus and peppermint for added breathe easy benefit!

*15 minutes \$25 • 30 minutes \$45*

### HEAD TRIP

Studies show that massage improves circulation into the scalp, relieve headache pain and increase serotonin production. Combined with some attention to the neck and shoulder area, this add-on will produce an overall head trip “feel-good” result!

*15 minutes \$25 • 30 minutes \$45*

### HAPPY FEET

The feet have thousands of nerve endings with trigger points that correlate to the entire body. Using acupressure points to stimulate relaxation throughout the entire body. A happy foot massage is a great treat and helps reduce stress and assist in overall relaxation for better health.

*15 minutes \$25 • 30 minutes \$45*

### RAINDROP TREATMENT

Please inquire about our signature treatment the Raindrop Technique.®

This Native American treatment awakens the mind, body and soul combined with an invigorating Vita Flex® reflexology session, a hot compress, sure to soothe the mind!

*60 minutes \$135*

### AROMATHERAPY

Pure essential oils, like precious jewelry or fine wine, are the gems of nature—the quintessential life force of aromatic plants, sometimes called the “soul” of the plant.

First session **30 minutes FREE** massage

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