



MASSAGE THERAPY WITH OUR LICENSED MASSAGE THERAPIST

To schedule a massage, contact:
Debbie Ogden, RN- LMT
928-899-5287

Prices:

Therapeutic Massage
60-Min---\$65 90-Min---\$95

Swedish Massage
60-Min---\$65 90-Min---\$95

Spa Body Treatment
Body Polish and Masque –
exfoliate, rehydrate & nourish!
90 Min - \$110
Add a 30 Min Massage - \$150



Gift Certificates Available

TREAT YOURSELF TO A MASSAGE

Whether you're in pain or just want to relax, massage therapy can help. Research shows massage reduces the heart rate, lowers blood pressure, increases circulation and blood flow, relaxes muscles and improves range of motion. Massage increases endorphins, the body's natural pain relievers! Massage is one of the best ways to decrease post-workout soreness. Make massage therapy a part of your health routine.



Please feel free to call Debbie with any questions or to schedule your massage.