



LIFESPA[®]
MEDI

MASSAGE

CUSTOM MASSAGE

A certified, highly skilled therapist will listen to your needs and goals to help alleviate pain, tension and stress, target sore muscles, deliver a state of deep relaxation, and improve your quality of life over time. Choose from 30, 60, 90, or 120 minutes.

CBD MASSAGE

Add a therapeutic dosage of CBD in place of traditional massage oil to foster relaxation, reduce stress, relieve tight muscles and inflammation, and promote sleep.

HOT STONE MASSAGE

The addition of hot stones promotes relaxation, improves blood flow, and diminishes muscle tension.

CUPPING

Cupping is an ancient alternative medicine that uses small cups to create suction as a form of deep-tissue massage to improve blood flow, balance energy, stimulate muscle repair, decrease pain and inflammation.

BACK DETOX

A skilled practitioner uses an intricate blend of ingredients to detoxify and remove congestion, and rebalance and restore proper hydration, for smoother, healthier skin.



Prices vary based on provider and service offering.

For more information or to schedule a consultation, please call 651-695-3824.