Massage

Massage is a general term for pressing, rubbing and manipulating your skin, muscles, tendons and ligaments. Massage therapists typically use their hands and fingers for massage, but may also use their forearms and even elbows. Massage may range from light stroking to deep pressure.

Generally considered as alternative medicine, massage can aid in recovery from injury, used as a form of relaxation and aid in reducing pain caused by muscle tension. Whatever your needs are we have a variety of massage options to help achieve your goal.

We encourage you to discuss what best suits your needs with one of our licensed massage therapists. For more information, or to book your next session, contact the Front Desk at 425.745.1617.

Types of Massage

Myofascial Release
Much slower paced massage, with a goal of increasing range of motion.

Lomi Lomi
Hawaiian technique, with an emphasis on longer strokes, and use of the forearm and elbow.

Swedish
Slower, lighter pressure massage again stressing the importance of relaxation.

Pre And Post Natal
Helps deal with the discomfort that comes with being pregnant, both during and after the pregnancy.

Sports
Faster pace, includes more movement but still emphasizes the importance of relaxation of muscle groups.

Deep Tissue
Increased pressure, giving the muscle the ability to release faster.

Hot Stone
Specifically applied heat using stones, increases circulation to the affected area quickly.

Massage Rates

30 Minutes: $55 Member/$60 Non-member
60 Minutes: $75 Member/$85 Non-member

90 Minutes: $100 Member/$115 Non-member

Appointment Information
Please arrive 15 minutes prior to your massage appointment. This will allow you to check in, relax, and enjoy your experience.

Cancellation Policy
If you are unable to keep an appointment, we request a 24 hour notice. Guests who do not honor their appointments or cancel in less than 24 hours may be charged a cancellation fee of half the scheduled service.

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