

Wellness



FERTILITY PACKAGE

90 minutes \$160 Womb Massage 30 minutes \$75

Womb Massage, Cellular Rejuvenating Light therapy, and Herbal Yoni Steam Bath work in synergy to optimize womb healing. Recommended for Fertility, PCOS, Endometriosis and Fibroids.

HERBAL YONI STEAM BATH

30 minutes \$50 *Add-On \$45 Parties of 2 or more \$40*

Traditional hydrotherapy using herbal steam to cleanse and rejuvenate the womb.

GODDESS PACKAGE

50 minutes \$125

Deep tissue or relaxation massage: Aromatherapy, hot stones, & hot towel treatment.

RELAXATION MASSAGE

50 minutes \$105 80 minutes \$140

Light to medium pressure eases the mind and relaxes the body.

Recommended add-on: Hot Stones

DEEP TISSUE

50 minutes \$105 80 minutes \$140

Deep pressure to relieve tension and back pain.

Recommended add-on: Cupping or Hypervolt

DETOX ABDOMINAL THERAPY

50 minutes \$125 80 minutes \$160

Deep abdominal massage, reflexology, and cupping to release toxins.

MANUAL LYMPHATIC DRAINAGE

50 minutes \$105 80 minutes \$140

Light-pressure massage to treat swelling, and detoxify.

ELECTRO-LYMPHATIC THERAPY

50 minutes \$125 80 minutes \$160

Our Lymph Purify Instrument moves lymph 8 times more than manual massage. This treatment is ideal for speeding recovery post-surgery. Not appropriate for breastfeeding parents.

CELLUMA LIGHT THERAPY

1 session \$50 Package of 6 \$240

Enhances fertility, speeds wound healing, and decreases inflammation.





BLISSFUL MAMA PRENATAL PACKAGE

80 minutes \$190

Custom prenatal massage, aromatherapy, warm stones, hot towel treatment & peppermint mineral cream to reduce leg cramps.

DIVINE MAMA PRENATAL PACKAGE

50 minutes \$145

Custom prenatal massage, aromatherapy, warm stones, hot towel treatment & peppermint mineral cream to reduce leg cramps.

PRENATAL MASSAGE

50 minutes \$125 80 minutes \$160

Prenatal massage tailored to your needs. 50 minutes is for targeting a couple specific areas and 80 minutes is recommended for a full body massage.

Recommend add-on: peppermint mineral cream and/or warm stones.

PRENATAL MANUAL LYMPHATIC DRAINAGE

80 minutes \$160

Light pressure massage targeting swelling, puffiness and leg cramps.

LABOR PREP MASSAGE

30 minutes \$65 50 minutes \$135 80 minutes \$170

Massage and acupressure to prepare and encourage the onset of Labor. Must be past 38 weeks. Recommend Add-On Pelvic steam to soften cervix, and acupressure magnets.

LABOR PREP HERBAL PELVIC STEAM BATH

1 session \$50 Add-on to massage \$45 Package of 4 \$170

Steam sitz bath with very gentle warm herbal steam to relax the pelvic floor muscles, ripen the cervix, and prepare the body for labor. Must be past 38 weeks. For optimal labor prep, daily sessions are recommended beginning at 38 weeks.

PLACENTA ENCAPSULATION SERVICE

Encapsulation Fee \$275 - \$325

Supports lactation, helps prevent baby blues, and promotes wellness postpartum.



Postnatal



BLISSFUL MAMA POSTNATAL PACKAGE

80 minutes \$ 190

Custom postnatal massage, aroma therapy, warm stones, hot towel & peppermint mineral cream treatment.

DIVINE MAMA POSTNATAL PACKAGE

50 minutes \$ 145

Custom postnatal massage, aromatherapy, warm stones, & hot towel treatment.

POSTNATAL MASSAGE

50 minutes \$125 80 minutes \$160

Tailored to a new mom's needs focuses on relaxation and re-aligning the body to pre-pregnancy posture. 80 minutes recommended for a full body massage.

POSTNATAL ABDOMINAL THERAPY

50 minutes \$125 80 minutes \$160

Full body massage with emphasis on the abdomen. Improves digestion, speeds recovery, and promotes deep relaxation.

Add-on: Herbal Poultice and Belly Binder

Reduces inflammation, swelling, and cramps.

CESAREAN BIRTH MASSAGE

80 minutes \$160

Custom lymphatic massage using light to deep pressure to help speed recovery post-belly birth.

POSTNATAL HERBAL YONI STEAM BATH

30 minutes \$50 *Add-on to massage \$45* *Parties of 2 or more \$40 each*

A traditional healing herbal pelvic steam treatment that cleanses the womb and speeds recovery of the perineum.

PEDIATRIC MASSAGE

30 minutes \$65

Relaxation or abdominal massage for children's well-being, digestive issues, or teens with painful menstrual cycles.

