

## BODY TREATMENTS

### AromaTouch Technique

**New:** Try our newest Therapy. Developed by a Physician, This treatment is applied using high quality Essential Oils, layering 8 special oils/blends in a specific way on the back, neck, head and feet or hands. Applied expressly to restore Homeostasis and minimize the impact of systemic constants that most often impair homeostasis which are: stress, decreased immunity, inflammation causing autonomic imbalance. Besides it just feels and smells good!! Enjoy.  
**Treatment is approx. 40-50 min** **\$50**  
**Add on of Essential Oils to massage** **\$5-15**

### \*Massage Therapies\*

**There are Contra-Indications to some therapies so if you have issues please inform us or ask questions.**

### Swedish

A collection of massage strokes designed for **relaxation**. Some of the therapeutic effects include increased circulation, increased flexibility, removal of lactic acid and toxins, relaxes the nervous system and stimulates the skin. The base for all massage therapy. We use only high quality moisturizing / nurturing lotions & oils.

**30 minute massage** **\$35**

**Hot Stones added to massage -** **\$25**  
**(must request at time of scheduling)**

**Therapeutic Massage** will be specially tailored to your needs using the following therapies and intended to provide you with the most benefit based on your input regarding your health and your goal.

**30 minute massage** **\$45**

**60 minute massage** **\$70**

**90 minute massage** **\$95**

**Add Hand Paraffin Treatment to Massage** **\$10**

### Trigger Point

Trigger points (trp) are hypersensitive areas of muscles, fascia, tendons, and ligaments that refer pain to distal regions of the body. They can be the result of repetitive or stressful motion, trauma, or poor posture. Dietary, environmental and emotional stress can also create these

localized areas. Treatment is sustained digital pressure applied to the trp to relieve pain and discomfort.

### Deep Tissue

DT massage uses slow strokes, direct pressure, and/or friction applying greater pressure than with Swedish massage affecting the deeper layers of muscles. Deep tissue work is helpful in treating chronic pain and injury rehabilitation.

### Lymphatic Drainage Therapy

LDT works to help re-circulate body fluids, stimulate functioning of the immune system, and balance the autonomic nervous system. Reduces swelling, inflammation, acne, eczema, & allergies. Detoxification of the body, relief of chronic pain, deep relaxation to aid insomnia, depression, stress & loss of memory. Reduces symptoms of chronic fatigue syndrome and Fibromyalgia.

### CranioSacral Therapy/ SomatoEmotional Release

CST is a gentle, light-touch method of evaluating and enhancing the CranioSacral system, the environment in which the brain and spinal cord function. An imbalance or dysfunction in the CS system can cause sensory, motor or neurological disabilities, including chronic pain, eye difficulties, scoliosis, motor-coordination impairments and learning difficulties, as well as other physical and psychological problems. SER assists the tissue in release of memories caused by physical/emotional trauma.

### Detox IonCleanse Foot Bath **\$35**

**(Pkg – purchase 4 for \$120)**

The IonCleanse uses your feet as a conduit to remove unhealthy toxins from your body. Those afflicted with Migraines, Arthritis, Diabetes, ADD, Digestive disorders, Pain, Fatigue, Allergies and many other disorders may benefit from this treatment.

### Therapeutic Hand Paraffin Treatment- 25 Mins **\$20**

Beneficial for arthritic, overused or painful hands. Multiple layers of paraffin are placed on hands & mitts which allows treatment to penetrate deeply into the tissue and joints. A hand and arm massage completes the treatment.

### Reiki **45 mins.** **\$45**

Non-intrusive method of hands-on healing – energy work.

### Ear Candling **60+ mins.** **\$55**

An “Old Home Remedy”. See website for more info.

4 candles included in therapy. If more needed add \$5 each.

### Body Scrub: **50 mins.** **\$60**

Skin feels “baby soft” after this treatment. Your skin is dry brushed to begin exfoliation and to help with circulation. Sea salt/raw sugar and aromatherapy oils are applied to smooth and cleanse the skin. You will be placed in a warm shower with a conditioning cleanser and a cloth.

### Body Polish: **75 mins.** **\$95**

Body Scrub plus following your shower you will return to a clean table to receive a moisturizing cream application to your new skin.

### Body/Wrap: **90+ mins.** **\$175**

This 5 step process includes dry brushing, Body Scrub, Body Wrap, cleansing and moisturizing. The treatment clays, mud, masks and oils are customized to the needs of the client. Masks are infused with herbs, antioxidants and botanicals to hydrate/moisturize or detox the skin. Clays, mud and essential oils help to strengthen the immune system, remove lactic acid and toxins, and improve circulation. A relaxing scalp massage, reflexology or honey stimulating facial is also given during the cocooning process. Following your shower, moisturizing lotion will be applied.

**Add full body Swedish Massage in lieu of lotion** **\$25**

### DETOX PKG: **\$100/\$205**

**A: 1 hr massage, 30 min sauna & IonCleanse**

**B: Body Wrap, 30 min sauna & IonCleanse**

### Far Infrared Sauna: **\$15/30min session**

Infrared rays penetrate deeply, targeting your joints, muscle and the tissues in your body. This treatment boosts oxygen flow, increases circulation. It has been shown to assist in losing weight, reducing pain, skin purification, detoxification and reducing stress. Has many health benefits and relief to people suffering from chronic disease.

### Reflexology: **30 mins.** **\$30**

**45 mins.** **45**

**60 mins.** **60**

This pressure point massage on the feet helps to alleviate stress and pain, releases toxins, improves circulation and increases energy. This treatment actually helps to calm the nerves throughout the body which results in total body relaxation. Longer sessions include warm towels and a moisturizing oil/lotion.

**\*Facials\***

All facials offered by Healing Kneads are customized for each individual and include a consultation and skin analysis to ensure that the most effective treatment is given.

**Glycolic Rapid Exfoliation: 30 mins. \$40**

This treatment is designed to help rejuvenate, renew and encourage cell regeneration. Dull, tired skin is exfoliated to allow new skin to shine through. The results are clearly seen with a brighter, fresher and even-toned complexion.

**Express Facial: 40 mins. \$45**

A great treatment for those with little time and a gentleman's favorite. Includes all the necessities of a complete facial...two cleansings, exfoliation, mask, hand massage and moisturizer.

**Acne Treatment Facial: 60 mins \$55**

An effective treatment to help control breakouts and oily, congested skin. It includes deep cleaning, exfoliation, extractions, mask and a sebum controlling serum.

**European Facial: 60 mins. \$60**

A "must have" that deeply cleanses, refines the pores and revives the skin. This facial also includes a relaxing face, neck, hand and arm massage.

All facial waxing desired will be scheduled for another day.

**Backcial: 60 mins \$65**

All of the steps of a facial are done on the back to help keep the skin on this hard to reach area smooth and clear. This relaxing back therapy helps with stress and tension. Hot towels relieve tired, sore muscles. A moisturizing cream is massaged on the legs while treatment mask is on the back.

**Relaxation Facial: 90 mins. \$80**

This therapeutic facial begins with a relaxing back, shoulder, arm and hand massage to truly decrease muscle tension and stress that can show in the face. Afterward, a complete European Facial is given. Feet & legs are exfoliated & massaged also.

**Mani & Pedi "Care"**

All treatments and products are customized to not only strengthen the natural nail, but "care" for the skin as well.

<b><u>French Polish:</u></b>	<b><u>\$5</u></b>
<b><u>Shellac Polish:</u></b>	<b><u>\$10</u></b>
<b><u>Buff &amp; Polish</u></b>	<b><u>30 mins \$15</u></b>
<b><u>Regular Manicure:</u></b>	<b><u>60 mins \$25</u></b>
<b><u>Regular Pedicure:</u></b>	<b><u>60 mins \$40</u></b>

Includes filing, shaping, cuticle care, moisturizer, hand or foot massage, polish and exfoliation.

**Waterless Manicure: 60 mins \$25**

An excellent alternative to a regular manicure. Paraffin dip w/warm mitts soften skin and hydrate cuticles (by hydrating under the skin). Hands are massaged and then wrapped in plastic while manicure is given. Afterwards, hands look and feel extra soft.

**Shellac Polish Change \$20**

**Spa Manicure: 50 mins \$35**

**Spa Pedicure: 65 mins \$50**  
Includes nail & cuticle care, exfoliation for hands/arms or feet/legs, a treatment mask, hot towels, hydrating massage & polish.

**Reflexology Pedicure: 75 mins. \$55**

All the benefits of the regular pedicure, plus a pressure point massage for the feet helping to alleviate stress, pain and pressure on the feet.

**\*Waxing\***

To achieve silky smooth skin, we select from three professional waxes...honey, cream or a hard wax imported from Australia.

Eyebrow.....\$10	Underarm.....\$20
Lip.....8	Full Arm.....40
Chin.....10	Lower Arm.....25
Full Face.....35	Upper Arm.....30
Full Leg.....65	Neck.....12
Upper Leg.....40	*Chest.....40
Lower Leg.....35	*Back.....40

Swimsuit.....\$25
Bikini---High Cut ..... 40
Brazilian---Basic.....45
Brazilian---Bold..(Sensual).....50
Brazilian---Bare.....55

\*1<sup>st</sup> appointment for chest or back will be charged by time.

\*\*Frequent waxer club cards available

**Spa Full Day and Half Day Packages Available**

Pamper that someone special. Call for details.

**Menu current as of 10/15/14**

**Call 252-586-7552 for more information regarding any of our services**



**MENU OF SERVICES**

All services provided by licensed therapists

Appointments are recommended

Please call:

**252-586-7552**

Located at

**167 Stanley Road  
Henrico, NC 27842**

We believe in a healthy body, mind and spirit. We support that belief with the techniques and products we use to meet your needs.

Nancy and staff

**GIFT CERTIFICATES & PRODUCTS ARE AVAILABLE**

healingkneadsmassage.com  
nancygrueneich@gmail.com