



bodywork

Deep Tissue Massage
Sports Massage
Swedish Massage
Hot Stone Massage
Pre/Post-Natal Massage
Cranio Sacral
Reiki

fitness

Pilates
Personal Training
Yoga

pricing

60 minutes:

In our studio \$80
At your home or office \$110

90 minutes:

In our studio \$110
At your home or office \$150

We encourage the combination of movement and massage!

No matter how much time you purchase, you can use it in any way you like. Perhaps 30 minutes of Pilates, followed by a 60-minute massage? Or an hour of personal training followed by a 30-minute massage. It's all depends on you and what your body needs.

packages

5 60-minute sessions:

in studio: **\$350**
(\$70/session)

outcalls: **\$500**
(\$100/session)

10 60-minute sessions:

in studio: **\$650**
(\$65/session)

outcalls: **\$950**
(\$95/session)

5 90-minute sessions:

in studio: **\$500**
(\$100/session)

outcalls: **\$700**
(\$140/session)

10 90-minute sessions:

in studio: **\$950**
(\$95/session)

outcalls: **\$1300**
(\$130/session)

Semi-Private Pilates or Yoga Sessions

(3-5 clients)

\$12/person per session

-or-

\$40/person for 4 sessions

6 Week Intro Package

12 bi-weekly 30-minute Pilates sessions
and 2 60-minute massages

\$480
(\$60/hour)

Custom Packages

Let us customize a package for you
or your party. Please call us to discuss.



Fluid
movement + massage