



MassageToWellness



Reservations

Tel: 074 531 6113

Email: admin@massagetowellness.co.za

Massage To Wellness is a boutique massage studio situated in Somerset West specializing in a range of therapeutic massage therapies for your health and wellness.

Massage Therapies & Rates 2018

Sports/Deep Tissue

60 min - R570

To help prevent injuries, to prepare the body for athletic activity and maintain it in optimal condition and recovery.

Neuromuscular/Clinical

60 min - R570

A specialized form of massage therapy that works with static pressure on specific myofascial points in order to relieve pain.

Aromatherapy

60 min - R570

Combines essential oils with traditional massage techniques to enhance healing, pain relief, and stress reduction during a massage.

Swedish

60 min - R500

A variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones.

Shiatsu

60 min - R500

Apply pressure using only the fingers, palms and thumbs on points related to the central and autonomic nervous systems.

Lymph Drainage

60 min - R500

Encourages the natural drainage of the lymph, which carries waste products away from the body toward the heart and liver.

Reflexology

60 min - R500

Applying pressure to areas of the feet, using specific hand techniques, to relieve ailments and keep the body aligned and balanced.

Hot Stone

60 min - R500

Warmed stones are positioned on the body to maximize the therapeutic benefit for muscle relaxation, pain relief and improved circulation.

Pregnancy

60 min - R500

Customized to the needs of pregnant women and their changing bodies to relax tense muscles, ease sore spots and improve mobility.

One Focus Area (Back or Legs)

60 min - R500

45 min - R450

Focusing on one problem area only such as Back, Neck & Shoulders or Legs.

Or buy in bulk and save!

Massage Package (R570)

(Sports/Deep Tissue, Neuromuscular/Clinical, Aromatherapy)

4 x One Hour Massage for only **R1990!**

3 x One Hour Massage for only **R1560!**

2 x One Hour Massage for only **R1070!**

Massage Package (R500)

(Swedish, Lymph Drainage, Focus Area, Reflexology, Hot Stone, Pregnancy, Shiatsu)

4 x One Hour Massage for only **R1760!**

3 x One Hour Massage for only **R1365!**

2 x One Hour Massage for only **R950!**

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10 Lourensford Road, Somerset West

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