



413 SW California Avenue • Historic Downtown Stuart • 772-233-9933

MASSAGE

Couples Massage for that special occasion or just a great way to end the day and start the evening **Half Hour \$35 Hour \$50**

Hot Stone Massage melts away tension, pain and stress. Heat from Basalt Lava stones penetrates the body's layers, relaxing the muscles and allowing deeper work into the muscle tissue. It is a uniquely therapeutic sedative and grounding experience. **Hour \$70**

Myofascial Massage uses slow deep strokes to lengthen the muscles as well as the fascia, the body's connective tissue. Perfect for tightness from stress or chronic pain from injuries. Helps to rebalance the structure of the body. **Half Hour \$40 Hour \$55**

Aromatherapy Massage utilizes Essential Oils from Mother Nature's Pharmacy. These oils are known for their healing, beautifying and soothing properties. **Half Hour \$40 Hour \$55**

Pregnancy Massage targets those areas of discomfort and pain for expectant mothers, and encourages movement of edema in legs and ankles. **Half Hour \$40 Hour \$55**

Deep Tissue Massage utilizes techniques to help with chronic muscular pain and injury rehabilitation, as well as reducing inflammation caused by arthritis. **Half Hour \$40 Hour \$55**

SPA BODY TREATMENTS

GX-99 Endermatic Therapy increases circulation to decrease toxins held in cellulite to help firm body contours and increase skin elasticity. Lactic acid is expelled from muscles to relax tense muscle tissue and accelerate healing. **Half Hour \$40 Hour \$65**

Detox Algae Wrap ingredients and essential oils stimulate metabolism and circulation, neutralizing free radicals. Spirulina helps reduce fatigue. **Hour \$65**

Botanical Mud Wrap has natural minerals and trace elements that increase lymph flow to help release toxins. The skin is refined, softened and hydrated. **Hour \$70**

Organic Sugar Scrub with Ayurvedic oils and AHA sugars gently exfoliate and create natural fatty acids which lock in moisture and firm the skin. **Half Hour \$45 Hour \$60**

Dead Sea Salt Scrub exfoliates and remineralizes your skin. An Anti-stress Ayurvedic moisturizer leaves your skin smooth and glowing. **Half Hour \$45 Hour \$60**

All wraps begin with a manual exfoliation. **Add** an exfoliating Body Polish to the wrap **\$10**

Spa Facial	30 minute	\$35	Hand Treatment	\$10 With Wrap	\$ 8
Spa Facial	With massage	\$30	Foot Treatment	\$10 With Wrap	\$ 8
Spa Facial	With Wrap	\$25	Scalp Treatment	\$10 With Wrap	\$ 8

www.abalancedbodymassageinc.com