



Corporate America's Massage Company

Swedish

Swedish massage is a system of long strokes and techniques applied to the superficial layers of the muscles. These techniques are designed primarily to relax muscles by applying pressure to them against deeper muscles and bones. Swedish massage can help the recipient to obtain a feeling of connectedness and have a better awareness of their body position. Each stroke and technique of Swedish massage has a specific therapeutic benefit. Recovery times from muscular strain can be shortened with the help of massage by flushing the tissue of lactic acid, uric acid and other metabolic wastes. It can improve the circulation without increasing load to the heart.

Duration	Home	Hotel
1 hour	\$85	*
1 1/2 hour	\$125	*

Deep Tissue

Releases the chronic muscle tension patterns through slow strokes and deep pressure on the specific areas, either following or going across the grain of muscles, tendons and fascia. This invigorating experience is a process to detect stiff or painful areas and determining the quality of the deeper layers of musculature while slowly working into the deep layers of muscle tissue. Specific positions and strokes are then applied to respond to various tissue qualities.

Duration	Home	Hotel
1 hour	\$95	*
1 1/2 hour	\$140	*

Aromatherapy

Aromatherapy is the inhalation and application of volatile essential oils from aromatic plants to restore or enhance health, beauty and well-being. The basic intention of Aromatherapy is to bring together the scientific achievements of man with his intuitive understanding for the treatment of illnesses with the most effective and useful natural essential oils. Conforming to the laws of nature, the principle of Aromatherapy is to strengthen the self-healing processes by preventative methods and indirect stimulation of the immune system. Simply put, essential oils can be used to enhance health as well as the quality of life.

Duration	Home	Hotel
1 hour	\$115	*
1 1/2 hour	\$170	*

***Rates vary depending on season, time of day and location. Please call 305.371.4666 for current rates and information. Or email us at info@corporatebody.com**