



BENEFITS OF MASSAGE THERAPY

Massage therapy is more than a luxury, it is a powerful tool to help improve your health and outlook on life. Research shows that massage therapy can reduce sports-related injuries, improve circulation, reduce symptoms of carpal tunnel syndrome, decrease back pain, and help decrease stress, depression, and anxiety.

At Body Kneads, our certified and licensed massage technicians are dedicated to ensuring the best experience for every client. We offer a variety of massage types and can customize massages to the needs of each client. Our clinical-grade products contain no negative additives and are handpicked for your needs so you get the most benefit and relaxation out of your massage as possible.

BODY KNEADS MASSAGE

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mybodykneadsmassage.com

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PRICING

1 HOUR | \$88

2 HOURS | \$176

ADD-ONS | \$37

Ask our front desk team about our exclusive massage prices for current chiropractic patients.

THE PERFECT PAIR

Body Kneads is partnered and shares a facility with Northern Life Wellness Chiropractic and Physical Therapy. At Body Kneads, it is our mission to not only help our clients relax but to treat their concerns and boost their overall health. The combination of massage therapy and chiropractic care enables a more effective body healing process and a better, more comfortable life!

CANCELLATION POLICY

In the event of a cancellation with less than **24-hour notice**, the client will be charged half the price of the booked massage with the credit or debit card on file. This cancellation fee is used to compensate the massage therapist for lost time.

SERVICES

We offer a variety of massage types and can customize massages to the needs of each client.

SWEDISH MASSAGE

To reduce stress and soothe sore joints and muscles, the Swedish Massage uses long strokes and kneads the outer layers of muscle tissue.

MYOFASCIAL RELEASE

Seeks to re-balance the body by releasing muscle tension in the fascia through long, stretching strokes. The fascia is a sheet of connective tissue, beneath the skin that attaches, stabilizes, encloses, and separates muscles and organs.

PREGNANCY MASSAGE

A gentle form of massage designed to accommodate the needs of a pregnant woman. For convenience, this massage can be done on one's side or face down.

DEEP TISSUE MASSAGE

This firm massage uses techniques to release tensions, blockages, and knots in the muscles.

SPORTS MASSAGE

Performed to promote flexibility, prevent injuries, help muscle strains, and aid in healing sports injuries.

ADD-ONS & SPECIALS

COLD STONE/HOLISTIC MIGRAINE THERAPY

A natural method for relieving the symptoms of migraines incorporating cold stone therapy, essential oils, and pressure point massage. Provides relief from migraine headaches and a renewed sense of balance and harmony. **ADD \$37**

HOT STONE MASSAGE

Using direct heat to relax the muscles, hot stones allow for deeper access into the muscle layers. **ADD \$37**

CUPPING

Cupping therapy uses various techniques to create suction on the body's surface to increase blood flow and allow for relief. **ADD \$37**

