

Swedish Massage
Fall into a soothing state of deep relaxation with a calming, rhythmic full body massage. Long, slow strokes increase circulation and promote general health while decreasing muscle tension and stress.
60 minute $60
90 minute $85
120 minute $110

Deep Tissue Massage
Experience a deeply therapeutic full body massage, with techniques specifically designed to relieve muscle tension. Enjoy relaxing stretches and strokes that will penetrate the deeper muscle layers to help relieve chronic muscle tension and injuries.
60 minute $65
90 minute $90
120 minute $115

Hot Stone Massage
Melt away your muscle tension and stress with this relaxing full body massage. Smooth, heated river stones are used to soften stiff sore muscles and relieve deeper tension. The warmth of the stones have a sedative effect on the nervous system which reduces stress and eases the body into a state of deep relaxation.
60 minute $65
90 minute $90
120 minute $115

Prenatal Massage
Escape the stress and anxiety of life with a therapeutic full body massage designed to target areas of tension for mothers-to-be. Enjoy relief from the discomforts of backaches, headaches, leg cramps, joint pain, and neck/shoulder pain.
60 minute $60
90 minute $85

Tension Relief Massage
Enjoy a half hour of focused refreshing massage on your back, neck, and shoulders or other specified areas of tension that need relief.
30 minutes- $30
With hot stones- $35

**Jessica Iliff, LMT**

**972.800.0038**

 **HOURS: Thursday-Saturday 9am-7pm**

**thespaatmillcreek@gmail.com**



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