

# Massage Therapy: Menu of Services

Massage Therapy is an important component in maintaining a healthy, functioning body. We offer the following types of massage customized to meet your specific needs:

- *Swedish Massage (relaxation massage)*  
The art of manipulation of the muscles with the use of oils and lotions. It calms the nervous system, lowers blood pressure and leaves you with an increased sense of well-being.
- *Deep Tissue Massage*  
Uses pressure point therapy to eliminate trigger points in pain areas. This enables the tissue to return to its normal pain-tension pattern.
- *Pregnancy Massage*  
This massage is designed to provide the benefits of massage while accommodating the special needs of the expectant mother.
- *Stone Massage*  
Uses the application of heated stones to bring about healing and balance.
- *Thai Massage*  
More like yoga than traditional Swedish massage. The client is passively stretched and kneaded with the practitioner's hands, feet, knees, elbows, forearms and thumbs to open joints, work connective tissue and lengthen muscles.

## Additional Services

- *Paraffin Treatments*  
Paraffin heat therapy soothes the pain of arthritis, joint stiffness, inflammation, sports injuries and muscle spasms. The Massage Therapist will dip the hands and/or feet into the melted paraffin and cover with a plastic liner to retain heat for a longer treatment. It provides amazing drug-free pain relief.
- *BioFreeze*  
BioFreeze is a pain relieving gel, ideal for arthritis, sore muscles and joints and backache. The Massage Therapist will rub a thin film of BioFreeze over the desired area and massage.

	Member	Non-member
<b>Massage Therapy</b> (Swedish, Deep Tissue and Pregnancy)		
1 hour session (50 minutes)	\$50.00	\$55.00
1/2 hour session (25 minutes)	\$30.00	\$35.00
<b>Stone Therapy</b> (only available at Palm Harbor Wellness Center)		
1 hour session (50 minutes)	\$50.00	\$55.00
<b>Thai Therapy</b> (only available at Cheek-Powell Wellness Center)		
1 hour session (50 minutes)	\$60.00	\$65.00
1-1/2 hour session (80 minutes)	\$90.00	\$95.00
2 hour session (110 minutes)	\$120.00	\$125.00
<b>Paraffin Therapy</b>		
1/2 hr Paraffin Treatment	\$30.00	\$35.00
• Includes head/neck massage (25 minutes)		
<b>Paraffin/Massage Package</b>	\$80.00	\$90.00
• 1-1/2 hour massage (80 minutes)		
<b>BioFreeze</b>		
Treatment during massage	Free	Free
4 oz. tube	\$10	\$10

Please see or call the front desk for scheduling information:  
Palm Harbor (727) 772-2222 or Clearwater (727) 462-7656.

A credit card required for reservations. Gift certificates are available. Prices are subject to change.

**Cheek-Powell Wellness Center**  
455 Pinellas St., Suite 100, Clearwater, FL  
(727) 462-7656

  
**Morton Plant Mease  
Wellness Centers**

**Palm Harbor Wellness Center**  
32672 U.S. Hwy. 19 N., Palm Harbor, FL  
(727) 772-2222