

Proactive Massage + Bodywork

SERVICE RATES



MASSAGE RATES

Custom Massage (*Custom tailored to your needs and goals; request modalities such as deep-tissue, myofascial release, lymphatic drainage, prenatal, oncology, Swedish, and more*)

	<i>Standard Rate</i>	<i>Massage Member Rate</i>
30 Minutes	\$60	\$50
60 Minutes	\$120	\$90
90 Minutes	\$180	\$130

Specialty Massage (*Includes Hot Stone, Red Light, CBD, and Cupping Massage*)

	<i>Standard Rate</i>	<i>Massage Member Rate</i>
60 Minutes	\$145	\$115
90 Minutes	\$205	\$155

Couples Massage

	<i>Standard Rate</i>	<i>Massage Member Rate</i>
60 Minutes	\$240	\$180
90 Minutes	\$360	\$260

Soleful Foot Massage

	<i>Standard Rate</i>	<i>Massage Member Rate</i>
30 Minutes	\$70	\$60

Additional add-ons for massages include:

- Hair Therapy Scalp Massage (Add 15 minutes + \$30);
- Dry Brushing (Add 15 minutes + \$25);
- Silent Bliss (no time or \$ added);
- CBD, hot stones, red light panel, and cupping (these are the features that make our "specialty massages") can be added for \$25.



WELLNESS RATES

Contrast Therapy (Infrared Sauna + Cold Plunge)

	<i>Standard Rate</i>	<i>Wellness Member Rate</i>
30 Minutes	\$30	unlimited option available
60 Minutes	\$45	\$30 and unlimited options available

Full Body Red Light Therapy Bed

	<i>Standard Rate</i>	<i>Wellness Member Rate</i>
30 Minutes	\$30	unlimited option available

Compression Therapy (includes optional meditative Brain Tap)

	<i>Standard Rate</i>	<i>Wellness Member Rate</i>
30 Minutes	\$30	unlimited option available

Deep Tissue Laser Therapy

	<i>Standard Rate</i>	<i>Wellness Member Rate</i>
15 Minutes	\$45	up to four per month option available

Kinesiology Taping

	<i>Standard Rate</i>	<i>Wellness Member Rate</i>
15 Minutes	\$45	up to four per month option available

FACIAL RATES

Cupping Facial

	<i>Standard Rate</i>
60 Minutes	\$145



PROACTIVE MASSAGE + BODYWORK MONTHLY MEMBERSHIP RATES



Massage-Only Memberships

60 Minute Massage Membership (\$90 per month)

- One 60 minute massage credit per month; purchase extra 60 or 90 minute massages at a \$90 or \$130 rate; massage credits expire after one year.

90 Minute Massage Membership (\$130 per month)

- One 90 minute massage credit per month; purchase extra 60 or 90 minute massages at a \$90 or \$130 rate; massage credits expire after one year.

Wellness Service Memberships

Contrast Therapy (Infrared Sauna + Cold Plunge) Membership (\$30 per month)

- One 60 minute contrast therapy (infrared sauna + cold plunge) session per month (sessions do **not** roll-over from month to month); purchase extra 60 minute sessions for \$30 per session.

Complete Wellness Membership (\$89 per month)

- Unlimited contrast therapy, full body red light therapy bed, compression therapy, and Lightstim Pro Panel sessions every month.
- One credit per month that applies to either deep tissue laser therapy or kinesiology taping each month (credits do **not** roll-over from month to month; purchase extra sessions for \$30).

Premium Membership Options

Proactive Premium 60 Membership (\$169 per month)

- One 60 minute massage credit per month; massage credits expire after one year.
 - Purchase extra massages at the member rate (\$90/130).
- Unlimited contrast therapy, full body red light therapy bed, compression therapy, and Lightstim Pro Panel sessions every month.
- One credit per month that applies to either deep tissue laser therapy or kinesiology taping each month (credits do **not** roll-over from month to month).
 - Purchase extras of the above services at a \$30 rate.

Proactive Premium 90 Membership (\$209 per month)

- One 90 minute massage credit per month; purchase extra 60 or 90 minute massages at a \$90 or \$130 rate; massage credits expire after one year.
 - Purchase extra massages at the member rate (\$90/130).
- Unlimited contrast therapy, full body red light therapy bed, compression therapy, and Lightstim Pro Panel sessions every month.
- One credit per month that applies to either deep tissue laser therapy or kinesiology taping each month (credits do **NOT** roll-over from month to month).
 - Purchase extras of the above services at a \$30 rate.