

# 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.



# ASSISTED STRETCHING RATES

## Assisted Stretching

	<i>Standard Rate</i>	<i>Stretch Member Rate</i>
25 Minutes	\$50	\$37.50
50 Minutes	\$100	\$75

# 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	\$30

## Localized Cryotherapy

	<i>Standard Rate</i>	<i>Wellness Member Rate</i>
15 Minutes	\$45	\$30

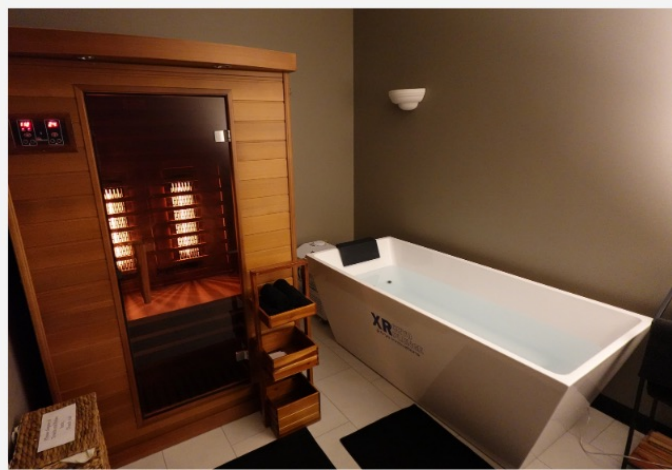
## Kinesiology Taping

	<i>Standard Rate</i>	<i>Wellness Member Rate</i>
15 Minutes	\$45	\$30

# 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.

## Assisted Stretch-Only Memberships

**Assisted Stretch Membership** (\$75 per month) - Two 25 minute assisted stretch credits per month (can be combined into one 50 minute session); purchase extra 25 or 50 minute sessions at a \$37.50 or \$75 rate; stretch credits expire after one year.

## Massage + Stretch Memberships

**60 Minute Massage + Stretch** (\$125 per month) - One 60 minute massage credit per month and one 25 minute assisted stretch credit per month; purchase extra massages and assisted stretch sessions at the member rates; credits expire after one year.

**90 Minute Massage + Stretch** (\$165 per month) - One 90 minute massage credit per month and one 25 minute assisted stretch credit per month; purchase extra massages and assisted stretch sessions at the member rate; 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).

**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).