



## Menu of Services

### **Noah Body Solutions Signature Massage**

This is a unique and highly personalized massage that is custom designed to meet your unique needs and problems. Your massage therapist will adapt their specialized massage techniques to customize your massage therapy session. This healing ritual includes warm towels and special blends of oils and creams. 55 minutes is \$75 / 90 minutes is \$100

### **Swedish Massage**

This classic form of massage uses long gliding strokes and muscle kneading. It is designed to promote relaxation, stimulate circulation, relieve muscle soreness, and provide a stress relieving experience.

60 minutes \$75 / 80 minutes \$90

### **Deep Tissue Massage**

A deep tissue massage is a slower, more specific massage that focuses on the deeper structures of the body to release chronic patterns of tension in the body. It relieves muscle spasms, soreness, and trigger points and loosens muscles and tendons to increase flexibility.

50 minutes \$65 / 75 minutes \$90

### **Hot Stone Massage**

Experience a luxurious and relaxing massage using heated stones. Heated polished basalt lava stones are used during this massage to provide deep penetrating heat that loosens tight muscles, eases stress, and induces deep relaxation.

60 minutes \$85 / 90 minutes \$110

### **Prenatal Massage**

A prenatal massage is the perfect massage for Mom's-to-be. This massage helps ease the physical and emotional discomfort of pregnancy and is also a special treat for your baby. Prenatal massage focuses on areas of concern, including back aches, leg cramps, fatigue, insomnia, headache and sinus problems.

50 minutes \$75 / 75 minutes \$95

### **Reflexology**

Massaging specific pressure points on the feet have an energetic correlation to various organs and parts of the body and is known as Reflexology. Reflexology is based on a 5,000-year-old healing system and is used to relieve stress and create balance and harmony throughout the entire body.

55 minutes \$65

### **Manual Lymphatic Drainage**

This treatment is a light and gentle, but is a very powerful massage technique that helps to cleanse and detoxify the body to promote a healthy immune and lymphatic system. It is also beneficial for pre and post surgery, sinus problems, swelling, scarring, pain, skin elasticity, cellulite, water retention, and relaxation. This service is performed by Norma T. Noah.

60 minutes \$75 / 80 minutes \$100

### **A Little Something Extra**

Add any of the following to your massage session:

Hot Stone Placement \$15

Castor Oil Pack \$25

Paraffin dip – hands \$15

Paraffin dip – feet \$15

Foot Massage \$30

### **Chair Massage**

We can bring massage therapy to you! We provide chair massages at special events, sales meetings, corporate events, and even employee appreciation day. Call to find out our chair massage pricing.

Noah Body Solutions: 336.229.5600