



# Heather's Massage Therapy



229 Tupelo Ave., Naperville, IL 60540

(630) 341-0789

## Massage & Bodywork Price List

### **Swedish Massage**

Relax to long gliding strokes. Effective for most ailments, because massaging the skin, the body's largest organ, sets up a chain reaction that produces a positive effect on all layers and systems of the body. It affects the nerves, muscles, glands, and circulation, and promotes health and well-being.

### **Reflexology / Foot Massage**

Accupressure massage on trigger points that relate to different areas and internal organs of the body. helps increase circulation to feet and legs and increasing mobility and overall wellness.

### **Swedish - Reflexology - Foot Massage**

\$40 ~ 30 minutes    \$85 ~ 90 minutes  
\$60 ~ 60 minutes    \$115 ~ 120 minutes

### **Deep Tissue / Therapeutic**

Using deep muscle compression and friction along the grain of the muscle, its purpose is to unstick the fibers of the muscles and release both toxins and deeply held patterns of tension.

### **Sports Massage**

Customized to reduce injuries and alleviate inflammation for peak athletic performance. Reduces fatigue, swelling, muscle tension and promotes flexibility. Heather works with many recreational athletes and Professional and Olympic athletes as well.

### **Modified Esalen**

Utilizes light and gentle strokes from Swedish and Oriental massage prompting deep relaxation. Helps reduce stress, relieve pain, improve sleep, aid digestion and promote healing.

### **Prenatal / Maternity Massage**

Specifically designed for the expecting mom to ease muscle aches while providing comfort. Post delivery massage is also available to help transition the body back to pre-pregnancy condition.

### **Deep Tissue ~ Sports Massage ~ Modified Esalen ~**

### **Prenatal / Maternity Massage**

\$45 ~ 30 minutes  
\$70 ~ 60 minutes  
\$95 ~ 90 minutes

### **Paraffin Treatment** - \$10 ~ Hands or Feet:

A warm paraffin bath moisturizes and softens the skin by providing a deep hydration of the surface skin tissue.

### **Belavi Facial Facelift Massage**

The ultimate facial massage that is relaxing and addresses aging skin through toning without surgery. Providing a healthy and radiant glow to your skin.

\$95 ~ 1st Session - includes Consultation  
\$90 ~ Subsequent Sessions (12th session FREE)

### **Hot Rock / Cold Stone Massage**

Utilizes the deep penetrating heat from Basalt Rocks to provide relief for tense muscles and sore joints. A true therapeutic treat!

\$95 ~ 90 minutes

### **Body Polish or Body Mud with Massage**

Body polish exfoliates the skin leaving it smooth and soft. Body Mud aids in detoxifying the body. Either treatment combined with a full body massage creates the ultimate relaxation experience.

\$115 ~ 90 minutes  
\$140 ~ 120 minutes

### **Reiki or Reiki-ssage**

Reiki provides energy to promote healing. Reiki-ssage combines the benefits of both Reiki with massage.

\$70 ~ 60 minutes  
\$95 ~ 90 minutes

### **Raindrop Technique**

Essential oils are applied systematically to reflexology points on the feet and spine helping fight infections, viruses, parasites, funguses and bacteria. Affects the central nervous system and enriches cells with oxygen.

\$85 ~ 60 minutes

### **Aromatherapy**

Add essential oils to any massage to stimulate circulation and incorporating the healing power of the oils. Easing nervous tension and effecting mind, body and spirit.

Additional \$5 - \$15 per session

### **Seated / Chair Massage**

A fifteen to thirty minute relaxation massage utilizing Shiatsu and Swedish techniques on a fully clothed client in a specially designed chair. Available for parties or corporate on-site wellness or recognition programs - quoted per event.

\$25 ~ 15 minutes  
\$40 ~ 30 minutes

[www.HeathersMassageTherapy.com](http://www.HeathersMassageTherapy.com)