



EASTWEST STUDIOS

massage

30 Minute Chair Massage	\$50
30 Minute Table Massage	\$100
60 Minute Table Massage	\$175
90 Minute Table Massage	\$225

for table massages, choose from the following:

deep tissue

focusing on skeletal muscles and connective tissue, this massage targets chronic stress and improves range of motion

rejuvenate + relax

the antidote to fatigue, this session uses long, flowing movements to unleash deep mental, emotional, and physical rejuvenation

neuro-muscular

this approach offers release from stubborn patterns of pain and tension in the body common to musicians and dancers

shiatsu

this therapy follows the esoteric flow of chi throughout the body using pressure points, stretches, and compressions; can be done fully clothed

thai

combining yoga postures and skillful massage to open joints and soften connective tissue, this session is perfect for improving flexibility

yoga

mindfulness based Hatha yoga instruction to help motivate you into a renewed sense of purpose and accomplishment