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## MASSAGE THERAPY & SERVICE MENU

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*Every rejuvenating treatment session is customized. The style, modalities, and approach are reflected from your needs in that particular moment. Everything from the lighting to the music can be customized to fit your mood and ease your tension.*

*Modalities used can vary and are often a blend of a few of the following:*

### PHOENIX BLISS – SWEDISH

The foundation and basic form from which the other styles and modalities build on. It can be slow and gentle, or vigorous and bracing and is based on the Western concepts of anatomy and physiology. This relaxing style is recommended to unwind tension in both the body and the mind.

### FENG-HUANG PHIX - ACUPRESSURE/SHIATSU

The Chinese phoenix and the personification of the primordial force of the heavens. The force or energy of the body known as Chi in Traditional Chinese Medicine can effect our health. These techniques are distinctive by pressing into specific locations to alive the blockage of chi and to release tension in the muscle.

### GARUDA'S GRASP – TRIGGER POINT

Just like the strong talons of the Hindu deity, fiery king of all birds, this form of therapy isolates taught bands of skeletal muscle within a larger muscle group which feel like marbles or knots just under the skin. These can cause pain and reduce range of motion in the effected muscles. This technique is one of the most effective to achieve results for serious pain relief.

### PHOENIX RISING -DEEP TISSUE

In order to ease chronic muscle tension, the usual culprit, tissue adhesions need to be addressed. These are bands of painful, rigid tissue in muscles and tendons. They can cause pain and disruption of circulation, limit range of motion or inflammation. Relief comes when direct deep pressure is applied to break down these adhesions. Treatment can sometimes be intense and you may feel like the phoenix consumed in flames, however the results will leave you feeling reborn.

### BENU'S BALANCE – CRANIOSACRAL

Like the Egyptian sun bird who represents the rise of life, this therapy focuses on that which gives rise to our life, the brain and spinal cord. They are bathed in a craniosacral fluid which has its own rhythmic pulse, similar to blood pressure. Through light touch, restrictions are sensed in the pulse and balance restored. This is highly effective in treating conditions related to the nervous system.

### APOLLO'S PHIRE – SPORTS MASSAGE.

The story goes, the athletic sun-god would stop his chariot at dawn to rest and listen to the beautiful song on the phoenix bird. A reminder to all the active gods and goddesses out there to rest and take care of yourselves. Sports massage can be tailored to specific needs to improve performance, reduce injury and shorten recuperation.

### REPHLEX PYRE - REFLEXOLOGY

Our feet are the foundation of our bodies. They have thousands of nerve endings which reach throughout the body. Activating or reflexing specific regions on the feet sends energy to corresponding parts of the body and organs. This relaxing therapy is perfect for ailing the burning pyre we feel from being on our feet all day. Its also a wonderful introduction style to massage for the new-comer who has never had body work done.

## COMPLIMENTARY ENHANCEMENTS

Enjoy customizing your massage experience with any of these included optional enhancements:

A luxurious warm-up rub down with *hot stones* to help ease your tight muscles and get your mind and body ready receive a rejuvenating session. *Warm or cold towel compress* to calm aggravated areas or keep inflammation and swelling in check.

Keep hydrated and flush out toxins with your choice of *alkaline water*, *holistic detox juice shots*, or *herbal tea*.



## STUDIO SERVICES:

*Available at any of our three studios in West Hollywood, Tarzana or Burbank*

### *Introductory Rate:*

*A Special Introductory Rate for New Clients*

60 Minutes: \$69 | 90 Minute: \$105

### *Single Appointments*

35 Minute Focus: \$59 | 60 Minute: \$109 | 90 Minute: \$169

### *Discounted Packages*

3 Pack - 60 Minutes: \$285 (\$95/ appt) | 5 Pack - 60 Minutes: \$445 (\$89 / appt)  
3 Pack - 90 Minutes: \$447 (\$149/ appt) | 5 Pack - 90 Minutes: \$675 (\$135 / appt)

## MOBILE TREATMENT SERVICES

*We bring your treatment and relaxation to your door - at your home or office.*

### *Introductory Rate:*

*A Special Introductory Rate for New Clients*

60 Minute: \$79 | 90 Minute: \$115

### *Single Appointments:*

35 Minute Focus: \$69 | 60 Minute: \$119 | 90 Minute: \$179

### *Discounted Packages:*

3 Pack - 60 Minute: \$315 (\$105 / appt) | 5 Pack - 60 Minutes: \$495 (\$99 / appt)  
3 Pack - 90 Minute: \$477 (\$159 / appt) | 5 Pack - 90 Minutes: \$725 (\$145 / appt)

*\* After Hours (9pm) +20% \*Travel fee: farther than 10 mile radius from 91401 + \$20*

## PHOENIX'S SERENITY - RECURRING MONTHLY STUDIO & MOBILE MEMBERSHIPS

### **Studio Services Recurring Membership**

\$79 Monthly\* ..... Monthly membership fee includes one 60 min massage credit every month.

*Additional Service - Members Discounts:* Once credits on active memberships have been used, additional massages are available at: \$59 for 60 Minutes, or \$89 for 90min.

### **Mobile Services Recurring Membership**

\$89 Monthly\* ..... Monthly membership fee includes one 60 min massage credit every month.

*Additional Service Members Discounts:* Once credits on active memberships have been used, additional massages are available at: \$67 for 60min or \$101 for 90min.

*Unused credits roll over and accumulate month to month and do not expire (as long as the membership is active).*

*\*Please note, membership cannot be canceled or frozen within first 6 months.*