

# Custom Body Works<sup>LLC</sup>

Self-healing through knowledge

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## Pricing

Unless noted, all services are priced by the 1/2 hour.

30 min .....	\$40
60 min .....	\$65
90 min .....	\$90
More than 90 min .....	Call for price

\* These services cannot be scheduled as a single, 90 minute service.

## Scheduling

Appointments are available Monday through Saturday.

Please Note: Karma's appointment book is generally full 2 to 3 weeks in advance. Call for the next available appointment time.

## Therapeutic Sessions

### Chair Massage - 15 Minutes for \$15

A step by step protocol and massage sequence in a specially designed chair that allows the client to sit comfortably, in a prone position and fully clothed. Deep Tissue Promotes healthy body tissue.

### Hot Stone Therapy

Basalt and sedimentary stones that are heated and placed strategically on the body and used for massage techniques. The heat of the stones increase circulation and promotes relaxation.

### Massage Facial - \$55

Deep cleansing and exfoliation of the face. Cleanse, steam, massage. This facial focuses on massage techniques to stimulate and promote healthy tissue.

### Myofascial Release\*

Bodywork that affects connective tissue and scar tissue.

### Pre-Natal

Focus on reducing emotional stress, relaxation and nurturing. Reduces leg and foot cramps and improves circulation. Special care taken for the comfort and safety of the client in a side lying position.

### Reflexology\*

Treats reflexes in the hands or feet which affect various functions of the body and promotes self healing.

### Shiatsu

Japanese form of acupressure that improves organ function and energy pathways throughout the body.

### Sports Massage

Pre or Post event massage to enhance athletic performance.

### Swedish

Relaxation massage to improve blood and lymph flow.

### Trigger Point\*

Focuses on irritable tissue that is referring pain to other areas of the body.