

# Hands FX

massage & bodywork



## Massage Therapy Service Prices:

|   |             |
|---|-------------|
| <b>Chair Massage (Approx. 15 min)</b>             | <b>\$15</b> |
| <b>Express Massage (Approx. 30 min)</b>           | <b>\$40</b> |
| <b>Upper-Body Stress Buster (Approx. 45 min)</b>  | <b>\$60</b> |
| <b>Full Body Massage (Approx. 60 min)</b>         | <b>\$70</b> |
| <b>Extended Full Body Massage (Approx 90 min)</b> | <b>\$90</b> |



## Massage Treatment Add-Ons:

|  |             |   |             |
|--|-------------|---|-------------|
| <b>Aromatherapy Massage</b><br><b>(Includes 4oz take home oil)</b>         | <b>\$15</b> | <b>Sports Massage</b><br><b>(Sport Related Stress &amp; Injury</b><br><b>- Pre or Post Event)</b> | <b>\$15</b> |
| <b>Body Cushion Massage</b><br><b>(Special Posture Release)</b>            | <b>\$10</b> | <b>Thai Yoga Massage</b><br><b>(Assisted &amp; Modified Yoga)</b>                                 | <b>\$25</b> |
| <b>Hot Stone to Specific Areas</b><br><b>(Warmed River Stones)</b>         | <b>\$20</b> | <b>Energy Work</b><br><b>(Reiki and Body Talk)</b>  | <b>\$10</b> |
| <b>Deep Tissue Massage</b><br><b>(Intense &amp; Focused Stress Relief)</b> | <b>\$10</b> | <b>Prenatal Massage</b><br><b>(A special Treat for Expecting Moms)</b>                            | <b>\$20</b> |

Add-Ons may require set-up times  
and should be requested in advance.



SHARRON BAUCOM DALE CITY RECREATION CENTER...  
"Where Everybody Fits In!"

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