

Services

Swedish Massage

\$60 per hour

Swedish massage is the most common and best-known type of massage in the West. If it's your first time or you don't get massage very often, Swedish massage is the perfect place to start.

If you want deeper work and can tolerate more pressure, even some momentary discomfort to get relief from muscle stiffness and pain, it's better to book a deep tissue massage which is another form of Swedish massage.

Swedish massage (and other types of therapeutic massage) are performed by trained, certified massage therapists. It can be slow and gentle, or vigorous and bracing, depending on the therapist's personal style and what type of outcome the patient and therapist want to achieve.

