

every*body

MASSAGE & BODYWORK STUDIO

rehabilitation & restoration for every body

WELLNESS SERVICES

To help realize your health goals, we use a creative approach where several techniques and styles of massage are combined. This, in addition to your comments and feedback, allows us to select techniques that suit your specific needs. Or if you prefer, you can choose to receive the full benefit of any one of the types of bodywork listed below.

Swedish: The most popular type of relaxation massage. Involves combinations of gliding strokes and kneading that gently eases stress and enhances a sense of well-being.

Deep Tissue: Addresses deeper layers of musculature and connective tissue and reveals your body's tension patterns.

Lomi Lomi: Traditional Hawaiian massage that combines continuous rhythmic movement and long fluid strokes with deep focused breathing to inspire realignment of emotional, spiritual and physical well-being.

Thai Massage: Incorporates elements of gentle rocking, deep stretching and rhythmic compression. The body is placed in relaxed yoga-like positions to softly stretch muscles and open joints.

Shiatsu: Uses finger and palm pressure to gently encourage the balanced flow of energy, or *chi*. Excellent for a wide range of symptoms including headaches and chronic fatigue.

Reiki: Japanese bodywork that addresses our energetic aspect. Performed with the client fully clothed while the therapist attends to areas of congested energy, or *chi*.

103 129TH INFANTRY DR * JOLIET IL 60435
630.254.1000 / 312.420.8940

Traditional Services

Escape the everyday and enjoy bodywork that is customized for you.

30min \$35 45min \$50 60min \$65 90min \$90

Additional time added \$1/minute

Signature Services

Wela Pohaku : Hot stone massage in the tradition of Hawaiian Lomi Lomi. Basalt lava stones are gently heated, placed along areas of chronically sore muscles, and used to massage away deep sources of stress and tension. Organic essential oils work deeply to soothe muscle and mind.

90 minutes, \$115

Temple Lomi: Two therapists use synchronized Hawaiian massage to deliver focused bodywork, resulting in total relaxation and renewed spirit.

60 minutes, \$120

90 minutes, \$170

Pregnancy Massage: Massage for the mom-to-be performed by a certified prenatal therapist. Focuses on problematic areas for expectant mothers such as low back, hips, shoulders and feet.

60 minutes, \$70

90 minutes, \$90

Sweet Scrub: Your choice of aromatherapy complements our organic cane sugar scrubs that exfoliate and invigorate skin, leaving it soft and glowing. Steamed towels and gentle massage complete the experience.

60 minutes, \$75

90 minutes, \$95

Couples Massage: Select your favorite essential oils, breathe deeply and share an unforgettable experience with a special someone.

60 minutes, \$120

90 minutes, \$170

Additional Services

Add any of the following services to customize your massage:

Aromatherapy: Choose your favorite essential oil to calm, balance, purify or refresh. \$4

Ayurvedic Head Massage: Warmed oils specific to your hair and body type are worked deeply into the scalp and used to relax and rejuvenate body and spirit. \$25

Hot Stones: Warmed stones are used to relieve chronically tight muscles. \$25

Pauvre Pied: The cure for aching feet! Steam heat and attentive massage with organic essential oils soothe and invigorate. \$25