

INTEGRATIVE WELLNESS SERVICES

MASSAGE THERAPY

Relaxation Massage
30min/ 60min/ 90min
$45 /$65/$90
A light to medium pressure relaxation massage.

Deluxe Relaxation Massage*
60 min/ $80
A full body massage including aromatherapy, a hot towel foot wrap
& a therapeutic heat pack for the back.

Prenatal Massage
30min / 60min
$50 / $70
A session designed to promote stress release, relieve fatigue, pain, tension, and stiffness.*Must be between 12-36 weeks

Lavender & Sage Aromatherapy Massage
90 min $95
Relax and renew with our lavender
sage aromatherapy service! The lavender will leave you feeling completely at peace, while the sage oil will purify, cleanse, and uplift your spirit!

Deep Tissue*
60 min/ $80
Full body deep tissue massage for focusing on your tight, tense areas that need taming for a relaxed mind and body.

Sports Massage*
60 min/ $80
Sports massage has many beneficial effects in athletes. Sports massage can be used pre-performance, post-performance, during training or for rehabilitation. Athletes of all levels may benefit from sports massage.

Bamboo Massage*
70 min/ $95
Bamboo sticks will be integrated into your full body massage, working deeper in the muscle.

Melt Away*
60 min/$75 / 90 min/ $100
In this full body massage warm stones will be incorporated in our neck & shoulder routine. There's no better way to get rid of those tense, achy muscles!

Aromatherapy Massage*
60 min/ $70
Add aromatherapy of your choice from our selection will be incorporated into your full body relaxation massage.

ASHIATSU* 60 min $80 / 90 min $120
A deep tissue massage medium where your therapist uses their bare feet and body weight to give the deepest pressure without the sharp discomfort sometimes felt in typical deep tissue sessions. It delivers deep, broad, consistent pressure without discomfort or pain. It frees up bundled nerves, elongates the muscles, detoxifies, improves posture and decreases pain.



MASSAGE THERAPY

Stress Buster*
60 min/ $85
A wonderful alternative to a full body massage. This treatment is suited for people with chronic muscular neck & shoulder tension. Essential oils calm and balance stress levels, a detoxification mud pack is applied to the upper back. As the mask softens & relaxes the muscles, your tired feet are gently massaged with a cooling peppermint foot lotion.

90 Minute Stress Buster Deluxe*
90min/ $100
This service is a full body massage with all the perks of the stress buster.

Hot Stone Massage*
75/Min $100
This 75 minute session will provide relaxation, stress relief, and ease muscle tension. Warm stones are incorporated into your full body massage for a wonderful relaxing experience.

Gentle Touch Therapy
60 min $65
This service is for clients that are on certain medications or have medical conditions that may be contraindicated for traditional massage.
A combination of gentle pressure, breathing & relaxing techniques will be incorporated into the session. A Physician's script for massage will be required, which will allow us to provide the appropriate care to help you relax and reach your wellness goals. We will schedule you with a therapist that offers this service.

Therapeutic Massage
45 min $70
This massage is for specific areas that you are experiencing pain, tightness or restriction. It is not a full body massage. The therapist will use a combination of modalities to help relieve pain and pressure in those problem areas. 45 minutes

Cupping*
30 min $50
Cupping therapy is an ancient form of alternative medicine in which a therapist puts special cups on your skin for a few minutes to create suction. People receive cupping for many reasons, pain management, inflammation, blood flow, relaxation and well-being.

Add On to Massage Services

Peppermint Foot Twist* $20
Experience a soothing foot massage using our cooling peppermint foot lotion.

Warm Stone Placement* $15
Enhance your relaxation with heated stones placed for your comfort.

Aromatic Heat Therapy* $8
We will incorporate our heated, aromatic heat pack into your service to help ease your muscles.

Full Back Heat Pack* $8
Perfect for relieving stress, tension, & muscle pain. This extra large back wrap covers shoulders to lower back.

Aromatherapy* $5



INTRODUCING NEW ADD ON SERVICES

CBD massage can help reduce muscle fatigue and soreness, improves muscle recovery, has anti-inflammatory properties, and can help reduce anxiety leading to deeper relaxation. CBD massage is beneficial for anyone with muscle inflammation, circulation issues, chronic pain, headaches, arthritis, fibromyalgia, and much more.
****Add CBD oil to any massage service for an additional $20***

Warm Stone Foot Massage- 15 min/$25
Enjoy an additional 15 minutes spent strictly on the feet, incorporating warm stones to relieve any stress or pain.

Cool Stone Foot Massage- 15 min/$25
Relish your swollen, achy feet in a cool stone foot massage. 15 minutes of focused attention on your feet with cool stones to help soothe any inflammation.



massage academy
of the poconos, llc.
education & wellness



INTRODUCING NEW SERVICES

Transcendent Body Ritual $120

A holistic experience designed to rejuvenate your body and elevate your spirit. Begin your journey as we gently exfoliate away life's stresses with a luxurious sugar scrub, revealing your radiant inner glow. Next, we'll cocoon you in a warm, comforting blanket, allowing you to surrender to a state of deep relaxation. You will be guided through a short meditation, with sound.

Our Transcendent Body Treatment goes beyond the surface. We harness the energy of crystals, strategically placing them to harmonize your body's energy centers. This synergy of earth's treasures and your own energy will help balance and restore your vitality. Our practitioner will guide you through the ancient art of Reiki, a practice that channels universal life force energy to promote healing and inner peace.

Feel the waves of tranquility wash over you as you embark on a transformative journey towards physical and spiritual renewal.

Transcendent Crystal Facial $95

Elevate your skincare routine with our Transcendent Crystal Facial – where beauty meets energy and wellness.
A blissful 60 minute experience that renews both your skin and Spirit.

This transformative facial journey begins with a thorough deep cleansing, gentle exfoliation, and extractions. Feel tension melt away as our esthetician pampers you with a relaxing facial massage, infused with the mystical energy of crystals. Our all-natural skincare products are tailored to your unique skin type, delivering a treatment that revitalizes and restores.
Our Transcendent Crystal Facial includes the rejuvenating power of facial cupping. Watch as fine lines, and wrinkles fade into the past, say goodbye to puffiness. This treatment also enhances nutrient delivery and boosts product absorption for long-lasting benefits.

A radiant, glowing complexion that leaves you feeling completely restored.
During this experience, we utilize carefully cleansed and charged crystal wands to elevate the effectiveness of our products, bringing you a truly enchanting and transformative experience.



ENERGY - REIKI-CRYSTALS

REIKI
60 Minutes--$70
Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by “laying on hands “and is based on the idea that an unseen “life force energy” flows through us and is what causes us to be alive. Reiki helps to remove the blockages; it helps to alleviate physical pain, reduce your stress and anxiety, and calms your mind.

CRYSTAL HEALING
60 Minutes--$70
Crystal healing therapy involves placing crystals on and around the body to draw out negative energy in specific areas. It helps to promote physical, emotional and spiritual healing.

CRYSTAL HEALING FACE MASSAGE
30 Minutes--$40
Shift your vibes with a soothing face massage with Reiki and crystal placement on and around your face.

CRYSTAL HEALING FOOT MASSAGE
30 Minutes--$40
Reconnect with a soothing foot massage, Reiki and crystal placements will help you ground your energy, to help you reconnect.

CRYSTAL HEALING MASSAGE
60 Minutes $85/ 90 Minutes $110
We will discuss your emotional stressors and choose crystals to support your healing journey. You will receive a Swedish massage, then we will place crystals on and around you to enhance their healing abilities along with Reiki.



SOUND HEALING - MEDITATION - YOGA

SOUND HEALING

60 Minutes: $70

Sound healing therapy uses aspects of music to improve physical and emotional health and well-being. During this session, quartz crystal singing bowls, gongs, tuning forks, chimes and other instruments produce a matrix of healing energies that are used to induce relaxation, expansion, clearing, and rejuvenation on every level of your being.

CHAKRA BALANCING

30 Minutes (Upper or lower Chakras) $40

60 Minutes (Full Body) $70

There are seven chakras running along the spine and link to the physical, energetic, emotional, mental, social and spiritual selves. When Chakras are out of alignment they can cause stress, anxiety, worry, as well as illness.
A Chakra Balancing session will include Reiki, crystal and sound healing to help balance, purify, and energize your Chakras.

PRIVATE YOGA/MEDITATION

60 Minutes:$70/ 90 Minutes: $100

During our session, we will lead you through low-impact sequences of poses done at a slower pace, connected with breath, and a guided meditation, specifically designed for you and your physical and emotional needs.

CRYSTAL MEDITATION

30 Minutes $40

During this session, we will discuss your specific issues and tailor your experience accordingly. We will use breath, mudras, affirmations, visualizations and essential oils to enhance your experience. Crystals will be placed on and around you to create an energy grid, based on your intentions.

SPIRITUAL COACHING

60 Minutes: $75/ 90 Minutes $110

Are you looking for clarity, or direction in your life, but feeling a little stuck on what to do? We offer Spiritual Coaching sessions to help you navigate, dust off the corners of your soul that need to be healed, and guide you back into the light. In these sessions we will explore the areas that you are feeling uneasy, and the areas you would like to improve, and then together form a weekly plan for you to focus on. We will pull cards for clarity, affirmations, lead you into a meditation and clear your energetic space with Reiki. Crystals will be placed on and around you to create an energy grid based on your intentions. Sound will be used to bring harmony to your Chakras.



FACIALS

Signature Wellness Facial 60 minutes $95
This customized facial blends nature & science with high potency herbs, bioactive essential oils, and wild & organic ingredients that deliver amazing results.Your experience starts with a consultation and aromatherapy. A double cleansing routine is followed by exfoliation, massage, mask, and moisturization. All products will be determined based upon your skin type and conditions.

Express Facial 30 minutes $50
This facial is also fully customized to your skin type and conditions, however massage and in-depth extractions are not performed due to time constraints.

Customized Glow Facial 60 minutes $95
In this facial you will receive a deep cleansing, exfoliation, extractions facial massage, mask and moisturizer. Includes all natural skincare products specifically customized for for your skin type. This facial will leave your skin glowing and feeling restored and renewed.

WAXING

Brazilian	$60
Manzilian	$70
Bikini	$35
Full legs	$70
Half legs	$40
Full Arm	$45
Half Arm	$25
Underarms	$30
Brows	$14
Lip	$12
Chin	$12
Back	$60
Stomach	$30
Chest	$50



Integrated Wellness for Well-being

As we move forward from a world wide health crisis, we will continue to create, connect and provide a community atmosphere for well being. Our services are purposely diversified to offer many options for those seeking a healthy lifestyle. We are body, mind & spirit focused. We are all unique, we will continue to create & provide a space for you to feel safe, nurtured & rested.

We have learned a strong immune system and mindfulness is important to our health. Being actively involved in our personal well-being is a path we need to take. We strive to grow & collaborate with the best in the industry while dedicating our time and energy to educating our team & our community.

The Massage Academy opened in 2003. We are licensed by the PA Dept. of Private Licensed Schools. Our focus was to train qualified Massage Therapists to fill the need in the Pocono area. Since then, we have graduated many excellent therapists! We have helped thousands of people in the community at our massage therapy student clinic & wellness center. We offer "well being" services to allow you a better quality of life . We are affordable, which allows you to book more often.

Policies, Cancellations & Important Information

All service times reflect the appointment session. If you arrive late, we will have to adjust your session time to be on time for the next client. But you will still receive a great massage! There is a 50% service fee charge for No Show/Late Cancellation Fee.
We require a 24 hour notice if you must CANCEL so we can accommodate another client & fill the therapists schedule.
*All Prices , Schedules & Services are subject to change without notice**

Please inform us of any new health changes, pregnancy, address changes, e mail or phone numbers. Appointment "session" times reflect approximately 5-6 minutes for you to comfortably prepare for your service as well as a few minutes after your massage.

Some services may not be offered at all times. Services, prices, schedules & availability are subject to change without notice.
**Not recommended for Pregnancy*
***Some medical conditions may be contraindicated for massage.*
Please see our FB & website for updates, specials & look for our monthly newsletter in your email the 1st of each month!

We are pleased to help you reach your healthy lifestyle & well-being goals.
Schedule online & purchase Gift Certificates using the links on our website or call
570-421-5014
www.massageacademyllc.com

9/2023

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