

**Mount Snow Massage
Marci Himelson C.M.T.
802-464-5602**

Massage Therapy Menu Inn Room/In Home Sessions

Therapeutic massage is an alternative medicine form of health care that has been utilized for centuries. It is used to ease pain and alleviate stress that can cause disease, prevent and heal injuries, and free the body of lactic acid build-up from over-use. And the best part is that this healing massage is brought to you so that you can remain relaxed much longer. We don't do the spa fluff massage, we do "seek and destroy missions" to target and alleviate the physical issues that can interfere with your ability to enjoy your life. Don't worry, you'll be extremely relaxed too!

Therapeutic Massage

25 minute - \$65

50 minutes - \$95

75 minute - \$155

Deep pressure ~ add \$30

Our signature massage, specially designed just for you, will melt your tension and trouble spots and leave you feeling stress and pain free.

Ancient Ayurvedic Detoxifying Massage

Garshana & Abhyanga - \$130

Ayurvedic medicine from India, over 6,000 years old, is one of the world's oldest medical systems. An ayurvedic massage is a part of the traditional detoxification and rejuvenation programs of India. First is the Garshana where the body is vigorously exfoliated with raw silk gloves, followed by Abhyanga; oilation with organic coconut oil mixed with dosha oil to detoxify, nourish and balance the body. You're left feeling peaceful with skin as soft as a baby's bottom.

Thai Massage

\$130

The assisted stretching of Thai Massage creates the perfect harmony for mind and body. This massage is done off the table and fully clothed; wear comfortable attire. You'll feel deeply relaxed and your body free of restrictions.

Reiki

\$95

This energy work will balance and ground you and bring you clarity to help you enjoy the simple joy of the moment.

Reflexology

\$65

A treat for the feet that stimulates organs for optimum function and relieves areas of congestion in the body. It is used to reduce pain and increase the circulation of blood and lymphatic fluid.