

## Massage Service Menu

Provided by: StressBusters

Appointments: (949) 347- 6080

Gift Certificates are available.

### Wellness Massage

A massage designed to provide relaxation, improve circulation, reduce stress, and promote body, mind, and spirit wellness through techniques that oxygenate the bloodstream, flush toxins, and soothe stiff and sore muscles.

30 minutes: \$40.00                      50 minutes: \$75.00                      80 minutes: \$95.00

### Deep Tissue

An energizing and relaxing massage personally designed to relieve stress and tension, stimulate energy, and enhance blood supply to the muscles. Firm pressure is applied.

30 minutes: \$50.00                      50 minutes: \$90.00                      80 minutes: \$125.00

### Restorative Healing

Provided by a specially trained therapeutic massage therapist, this massage will stimulate your body's inherent healing process and may reduce inflammation and increase range of motion. Especially beneficial for women undergoing cancer treatment. Techniques include Deep Tissue, Shiatsu, and Trigger Point Releases. May be covered by your insurance.

30 minutes: \$45.00                      50 minutes: \$80.00                      80 minutes: \$105.00

### Sports

A traditional massage combined with compressions, stretches, and cross-friction techniques that focus on muscles relevant to a particular athletic activity. This massage encourages higher intensity training with less chance of injury.

30 minutes: \$45.00                      50 minutes: \$80.00                      80 minutes: \$105.00

### Pregnancy

This special massage is provided by specially trained therapists with advanced pregnancy massage certifications and reduces the physical and emotional stresses associated with pregnancy. This massage will also help to reduce or eliminate back, leg, neck, and sciatic pains and promote greater range of motion and comfortable sleep.

30 minutes: \$50.00                      50 minutes: \$90.00                      80 minutes: \$125.00

Pricing is subject to change.

Please arrive at least 15 minutes before your scheduled appointment. Late arrival may result in your massage being shortened or rescheduled.

### Cancellation Policy:

We require a 24-hour advance notice to cancel an appointment. We appreciate your cooperation and consideration for this popular service.

### Gratuities:

We believe gratuity should be based on the quality and effectiveness of the service provided and is between the client and therapist. If you are happy with your experience and wish to provide a cash gratuity (credit card gratuity is not available), envelopes are located for your convenience in your massage room.

Women's Wellness Center

**Mission Hospital**   
ST. JOSEPH  
HEALTH SYSTEM

Advanced care. Advanced caring.

A Ministry of the  
Sisters of St. Joseph  
of Orange