



Massage Therapy

Massage therapy is a hands-on treatment that manipulates muscles and soft tissues to relieve tension, reduce pain, and promote relaxation. Techniques range from gentle, relaxation-focused methods to deep, targeted therapeutic work. Massage therapy is highly effective for:

- Reducing muscle tension or soreness
- Easing stress and anxiety
- Supporting injury recovery or rehabilitation
- Improving circulation and flexibility
- Managing chronic pain or discomfort

At Statera, we offer traditional medicine, holistic healing, fitness, and nutrition services to support your whole-person health and wellness—mind, body, and spirit. Our multidisciplinary team collaborates to provide individualized care tailored to your unique needs and goals.



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Massage Therapy Services



Traditional Swedish/Prenatal: Calm, fluid strokes to release muscle tension and soothe pain.

30-min•\$58 45-min•\$69 60-min•\$90 75-min•\$113 90-min•\$135

Himalayan Salt Stone: A combination of Swedish massage, thermal therapy, and salt therapy.

60-min•\$91

Therapeutic Custom: Personalized treatment that blends techniques and pressure levels.

30-min•\$62 45-min•\$77 60-min•\$110 75-min•\$126 90-min•\$149

CranioSacral: Gentle touch therapy that frees muscular & energetic blocks that restrict cerebral spinal fluid flow.

60-min•\$110

Aromabody: Utilizes therapeutic-grade essential oils to relax, detoxify, and soothe aching muscles, combat fatigue, and boost immunity.

60-min•\$73.50

Lymph Drainage: Relieves fluid buildup and boosts your overall sense of well-being.

Holistic Sculpt & Detox: 60-min•\$93

Reiki & Sound Healing use energy work and therapeutic sound vibrations to foster deep relaxation and support balance in the body and mind.

Energy Reiki: 30-min•\$65, 60-min•\$115.50

Tuning Forks Sound Healing: 30-min•\$45

Reiki-Sound Healing Bundle: 60-min•\$130

Light therapy is a non-invasive treatment that uses specific wavelengths of light to support the body's natural healing processes.

Red Light Therapy w/ Swedish Massage: 30-min•\$75, 60-min•\$90

Half Body Panel Initial•\$45, Follow-up•\$35



Schedule online through Mindbody, or visit/call our front desk