

HEALTH AND WELLNESS OPTIONS

- Family Practice
- Integrative Medicine
- Functional Medicine
- Chiropractic
- Birth Planning
- Lactation Consultations
- Acupuncture
- Reflexology
- Reiki
- Massage Therapy
- Craniosacral
- Lymphatic Drainage
- Quantum Alignment Technique
- Esthetics
- Physical Therapy
- Dry Needling
- Mental Health Counseling
- Relationship Coaching
- Life and Wellness Coaching
- Holistic Health & Integrative Nutrition Coaching
- Ayurveda Health Counseling
- HeartMath Training and Meditation Coaching
- Personal Training
- Private and Small Group Fitness,
Yoga, Pilates and AG



STATERA

Integrated Health & Wellness Solutions

MASSAGE THERAPY



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breathe... inhale hope. exhale healing.



STATERA

Integrated Health & Wellness Solutions



AT STATERA,

we are passionate about health and wellness — mind, body, and spirit. Massage can be an effective way to reduce mental and physical fatigue, combat stress, and release muscle tension. Massage therapy can reduce pain and improve circulation and flexibility, while improving clarity and well-being.



Massage Services

Therapeutic Custom Massage - Partial or Full-Body

Injury recovery and chronic pain conditions need specialized care by your skilled massage therapist who can assess and treat using various massage modalities, including silicone cupping.

30 min	45 min	60 min	75 min	90 min
\$46	\$69	\$99	\$114	\$136

Traditional Swedish (or Prenatal Massage)

Calm fluid strokes release muscle tension and soothes pain.

30 min	45 min	60 min	75 min	90 min
\$41	\$62	\$82	\$103	\$123

Warming Himalayan Mineral Salt Stone

A combination of Swedish massage, thermal therapy, and salt therapy. It may aid in reducing insomnia, blood pressure, and stress.

30 min	60 min	75 min	90 min
\$50	\$87	\$106	\$131

Express Massage - Neck, Head, Hands, Feet

Short on time? A restorative treatment for someone with limited time. Wear comfortable clothing.

20 min
\$25

Essential Oil Therapies

Cellulite Treatment

A relaxing treatment using specific essential oils to break down lipids and expel toxins of the affected areas with light cupping.

45 min - Cellulite
\$70

Aroma Body Treatment

Therapeutic grade DōTERRA essential oils are used from low back to the crown of your head to relax, detoxify and soothe the achy muscles, combat fatigue, and boost immunity.

45 min
\$70

45 min Essential Oil Consultation is offered for home and personal use for \$35

Specialty Services

CranioSacral Therapy

Gentle touch therapy that frees muscular & energetic blocks that restrict cerebral spinal fluid flow. Ideal for headaches, migraine tension, depression, anxiety and balancing the central nervous system. No clothing removal required. Wear loose comfortable garments.

Lymphatic Drainage

Lymphatic drainage for pre- and post-operative conditions as well as general health benefits. Contraindications: Kidney and liver issues, DVT, bleeding disorders, acute infections, CHF, edema caused by a specific health condition or following surgery for metastatic or systemic conditions.

Energy Reiki**

Practitioner artfully facilitates ancient healing techniques by laying hands on or above the 7 major energy vortexes of the body. You do not undress for this treatment.

30 min	60 min
\$65	\$110

**Sound Healing using Tuning Forks can be an add-on to any service. \$15

Quantum Alignment Technique

QAT is a method of restoring the normal function of joints, muscles, ligaments, and other tissues of the body via infused technology devices used to remove the charges of trauma and connect the tissues with the sensory-motor cortex of the brain. Quantum alignment connects with the human subtle energy system (meridians) to assist in balancing the functions of internal organs. Clients remain clothed and must be attentive during treatment. Several treatments may be advised based on current health. Clients with brain-body impairments or any physical or mental trauma experiences are recommended for QAT.

30 min Consultation & Evaluation prior to treatment is offered for \$40 (optional)

60 min	90 min	120 min
\$125	\$200	\$275

Packages are available at discounted rates - stateraintegrated.com for details