HEALTH AND WELLNESS OPTIONS

- Family Practice
- Integrative Medicine
- Chiropractic
- Acupuncture
- Reflexology
- Reiki
- Massage
- Esthetics
- Physical Therapy
- Lactation Consulting
- Birth Planning
- Mental Health Counseling
- Life Purpose and Wellness Coaching
- Holistic Health and Integrative Nutrition Coaching
- Personal Training
- Private Fitness and Yoga Sessions
- Prenatal Yoga Sessions
- Small Group Fitness and Yoga Classes
- Mat and Equipment Based Pilates
- Mindfulness, Meditation
- HeartMath Training
- Ayurveda Health Counseling

STATERA

Integrated Health & Wellness Solutions

MASSAGE THERAPY

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Dubuque, IA 52003
stateraintegrated.com
563-207-8932

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

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

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.

30 min	45 min	60 min	75 min	90 min
$49.50	$68	$99	$111	$133

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.

Hot/Cold Jade Stone Massage
The healing thermotherapy stones are used to work deep into the muscle tissue encouraging a greater release of muscle tension.

60 min	75 min	90 min
$90	$113	$133

Essential Oil Therapies

Cellulite Treatment
A relaxing treatment using specific essential oils to break down lipids and expel toxins of the affected areas.

45 min - **Cellulite**
$55

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

Digestive Protocol
Aids in healthy digestion through the application of therapeutic grade DōTERRA essential oils from low back to the crown of your head.

Hormone Balance Protocol for Women
This application relieves symptoms from endometriosis, thyroid conditions, PMS, stress, anxiety, rosacea, ADHD, depression, postpartum depression, hot flashes and insomnia.

45 min
$70

Silicone Cupping Full-Body
Cupping draws pressure away from the body, targeting soft tissue pain points and increasing blood flow to capillaries so tissues receive nutrients and oxygen to heal.

60 min - **Silicone Cupping**
$99

Express Massage - Neck, Head, Hands, Feet
Short on time? A restorative treatment for someone with limited time. Wear comfortable clothing.

20 min
$25

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.

30 min	60 min
$46	$93

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, mestastatic or systemic conditions.

30 min	60 min
$50	$110

Energy Reiki** 30 min
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.
Can also add Tuning Forks Sound Therapy

30 min	60 min
$48 - (**With Sound Therapy** $63)	$78 - (**With Sound Therapy** $93)

**Can be used as a stand-alone service or an add-on.