



New Pricing
Effective Jan 1, 2022

MASSAGE THERAPY

PRICING

Individual

Half-hour Massage..... \$40

One-hour Massage \$70

90-minute Massage..... \$95

Package Pricing

Set of five Half-hour \$175

Set of five One-hour..... \$325

Set of five 90-min..... \$450

Single session massages expire 6 months from the purchase date and packages expire 1 year from the purchase date.

Gift Certificates available!

Call **573-331-3355** to schedule an appointment.



Saint Francis Healthcare System

SIGNATURE MESSAGES

Deep Tissue – Strained muscles, trigger points and sports injuries can be addressed with deep tissue massage.

Prenatal Massage – Massage during pregnancy can safely, comfortably and effectively relieve stress, whether physical, emotional or psychological. It can address problems that are associated with pregnancy, such as swollen ankles and feet, aching hips and lower back pain.

Swedish – This relaxing massage is ideal for relieving pain, reducing anxiety and depression, stimulating immune function and digestion, and reducing tension headaches.

Hot Stone – (limited to 90 minutes only) – Smoothed river rocks are heated to soothing 135 degrees and then used to massage the body. The heat penetrates deep into muscle tissue causing immense relaxation. It is great for chronic muscle tension and insomnia.

Migraine Release – Migraines can be related to a number of issues including tension. This therapy releases tension in the shoulders with trigger point therapy, along with stretching of the neck and light massage of the scalp, face and base of the neck.

Sciatica – Sciatica release can help reduce pain caused by general compression and/or irritation of one of the five root nerves by providing a specific modality to release the pain points.