

## MASSAGES

Let our hands **ease your tension**

### THERAPEUTIC MASSAGES

#### 1 Clinical

During a clinical treatment, you will receive a massage tailored to your needs to help ease your muscle tension and joint problems. This will help improve your physical well-being and state of mind. This treatment can also soothe bursitis, tendonitis, sciatic nerve pain, stiff neck, disc hernias, headaches, etc. Application of heat, mobilization (physiotherapy), pelvic correction (if necessary) and neuro-energetic therapy will follow the massage. A full treatment in order to soothe your pain. This is one of our clientele's favourite treatments.

Length: 1 hour

Cost: \$63 + taxes

#### 2 THE ASTONISHING neuro-energetic

A Noah Spa specialty, one that is finely-tuned in our school. This treatment offers a massage that combines science and intuition. Clinically, it frees up the spine's neuro-energetic network. Concretely, it soothes sciatic nerve pain, bursitis, tendonitis, headaches, hernias, etc. As a clinical therapy, it also includes **mobilizations** at the nerve level. This technique pairs well with muscle massage techniques. In terms of relaxation, this technique is adapted in order to balance the energetic system. All our treatments (relaxation or therapeutic) rely on this technique on some level!

Length: 30 min

Cost: \$60 + taxes (back massage without mobilizations)

### RELAXING MASSAGES (full body) (available outdoors\* and in tandem\*\*)

At Noah Spa, a wide range of techniques are used to get the most out of the benefits of muscle relaxation. Intensity of pressure applied is according to client's preferences and needs.

#### 3 Cayce-Reilly

A massage technique that originates from Virginia. It's a smooth massage that relaxes the whole body and affects the nervous system. Keywords for this treatment are calm and deep relaxation.

Length: 1 hour  
1h30

Cost: \$90 + taxes (full body)  
\$120 + taxes

#### 4 Swedish

A massage that is both firm and soft. It eases tension and tones muscles. It improves blood circulation and the nervous system. It's one of the most popular massages!

Length: 30 min  
1 hour  
1h30

Cost: \$50 + taxes (back)  
\$90 + taxes (full body)  
\$120 + taxes

#### 5 Sports

For well-informed clients! This massage uses methods that deeply work the tissue (wrist, forearm, elbow). Ideal for athletes experiencing muscle fatigue.

Length: 30 min  
1 hour

\$60 + taxes (back)  
\$100 + taxes (full body)

\* Do something out of the ordinary, get an outdoor message. There's nothing like it to stimulate your senses! Choose from massages 3, 4 and 5.

\*\* A good experience for two people who have a great complicity or for a couple in love. Choose from massages 3, 4, 5, 6 and 7.

## MASSAGE EXPERIENCES (available in tandem \*\*)

### 6 Hot stones

A hot stone massage drains toxins, relaxes and eases muscles. Using heat, it deeply relaxes the individual. Volcanic stones harmonize the body's energy influx. A wonderful tool from the earth. The stones are placed on the chakras. Harmony and interior well-being are the keywords for this treatment!

Length: 30 min  
1h15

\$70 + taxes (back and back of the legs)  
\$110 + taxes (full body)

### 7 Thai style compress

An olfactive experience! The pre-heated compress highlights the herb's therapeutic properties (antispasmodic, antiseptic and detoxifying). The massage is done with dry pressure and oil. The massage is done with hands and each joint is stretched (according to the body's range of motion). Inspired by ayurvedic medicine. A state of well-being for the whole body.

Length: 1h30

Cost: \$120 + taxes

### 8 CHAIR MASSAGE

The chair massage allows the pregnant woman to be comfortable. In a sitting position, the stomach is supported, along with the head, arms and legs. This is an appreciated option! Used for relaxation or clinical purposes, according to the treatment. Boosts energy for the rest of the day or provides a moment to ease muscle tension! We offer chair massages at our location or at your home.

Cost: Relaxing massage: \$90 + taxes

Clinical massage: \$63 + taxes

At our location or at your home: available on demand

### 9 ENERGY CARE: THERAPEUTIC TOUCH

This treatment harmonizes the body's magnetic field, thanks to the therapist's hands and their intention towards your well-being. Pendulum and essential oils can be used.

Length: 15 min

Cost: \$25 + taxes

### 10 PRESSOTHERAPY

As a general rule, lymphatic drainage is done by hand but there are some machines that will mimic human hands. This is called pressotherapy. You wear "boots" on your legs while lying on your back.

This method is recognized for soothing edema, blood flow problems, venous insufficiency, etc. It activates the elimination of toxins and improves the body's defences. A one-time or long-term treatment, both can help your body (for aesthetic and/or therapeutic reasons).

Length: 20 min

Cost: \$30 + taxes including herbal tea

Receipt for insurance purposes available.

\* Do something out of the ordinary, get an outdoor message. There's nothing like it to stimulate your senses! Choose from massages 3, 4 and 5.

\*\* A good experience for two people who have a great complicity or for a couple in love. Choose from massages 3, 4, 5, 6 and 7.