

## Therapeutic Massages Offered

**Swedish** ~ A circulatory massage focusing on reducing muscle tension, soothing sore muscles, and drawing the body into a state of deep relaxation. Traditionally a lighter, more relaxing massage.

**Deep Tissue** ~ A therapeutic massage using a variety of techniques and moderate to deep pressure that is recommended for the physically active individual or those with chronic pain, muscle fatigue, limited range of motion, stress or trauma.

**Pre-natal** ~ An especially relaxing massage to nurture both mother and child. Extra care is given to the mothers' comfort and stage of pregnancy.

**Hot Stone** ~ This massage incorporates the placement of hot stones as well as traditional massage techniques to improve circulation, relieve muscle tension and promote deep relaxation.  
**Approx. 80 min. 75.00**

### Massage Prices

30 Minutes — \$30.00

50 Minutes — \$50.00

80 Minutes — \$70.00

Chair Massage—\$1.00 per minute



## SPA THERAPY

In addition to massage therapy, we offer spa therapy. Spa therapy is “pampering that heals”. Try one or more of our deeply relaxing skin treatments to help rid the body of toxin buildup and tone and nurture the skin.

The following treatments can be offered separately or added to any of the massage treatments.



**Full Body Exfoliation** ~ Using a sea salt and oil mixture, the entire body is exfoliated, leaving silky smooth skin. A moisturizing massage follows. Includes aromatherapy. **60 Minutes \$55.00**

**Full Body Wrap** ~ The skin is exfoliated by either dry brush or loafah technique, then a mud or clay mixture is applied to the skin. The body is then wrapped in heated blankets for 20 minutes, during which the therapist does a foot or scalp treatment. The body is wiped clean with hot towels and followed with a moisturizing massage.

**60 minutes \$65.00**

**Face Treatment** ~ A very relaxing treatment for the skin. Using high quality products, the skin is cleansed, exfoliated, and then treated to a mask. Your choice of foot or hand treatment is done while a moisturizing and deeply cleansing steam treatment is applied. Followed with a toner and moisturizing massage.

**Back Glow** ~ Just like the face treatment but applied to the back!

**Foot Treatment** ~ Includes a foot soak, scrub, mask and a deeply moisturizing massage.

**The above treatments start at \$30.00 per session, and are discounted if added-on to another treatment. However, both treatments must be done during the same appointment.**





### **The Sunflower Room**

offers several different modalities of therapeutic massage.

Techniques are geared towards your individual needs.

We will do our best to help you relax, release pain and feel whole again.

If at any time you are uncomfortable with the pressure of the massage, the temperature of the room, or the selection of music,

Please inform us!

We are here for you!

### **Gift Certificates**

Available for any service or for any dollar amount allowing the recipient to choose the treatment!

### **Cell Phones**

For the comfort of others as well as yourself, please turn off all cell phones upon entering the facility.

### **Insurance**

Some insurance claims are accepted. Please check with your provider for authorization.

## **Hours of Operation**

Monday thru Friday  
**9:00am ~ 6:00pm**

Saturdays  
**9:00am ~ 2:00pm**

Later appointments are available. Please call for availability.

**Call today for an appointment!  
(970) 874-2939**

We accept cash, personal checks, Visa, Master Card, and Discover, and SPAFINDER gift certificates.



### **Cancellation Policy**

Please allow 2 hours prior notice for cancellations.

No-shows will be charged 20% of the booked appointment.

If using a free credit, the credit will be forfeited.

## **Menu of Services for**



## **Therapeutic Massage and Spa Therapy**

465 Main Street  
Delta, Colorado  
81416

**970-874-2939**

**Stacie Siennicki  
Drew MacLeod  
Rhonda McCormick**  
Nationally Certified  
Massage Therapists