

Parties, Classes, Clubs

— Massage Parties —

Massage Party

Minimum 5 people. \$45.00/person.
Save \$5/person after first 5 guests.

120 - 180 MINUTES ————— \$225.00

Basic Massage Party

Minimum 5 people. \$60.00/hr plus travel time. 2 hour minimum.

60 MINUTES ————— \$135.00

— Massage Clubs —

Event Club

Receive \$10.00 discount for all your special events for one year.

INDIVIDUAL ————— \$50.00 HOUSEHOLD ————— \$75.00

Stress Less Club

Receive \$15.00 discount for all your massage appointments and gift certificates for one year.

INDIVIDUAL ————— \$75.00 HOUSEHOLD ————— \$125.00

Kneads Club - Lifelong

\$15.00 discount on all massage and gift certificates.

INDIVIDUAL ————— \$250.00 HOUSEHOLD ————— \$325.00

— Massage Classes —

Baby's First Massage

90 MINUTES ————— \$75.00

Family Massage Class

120 MINUTES ————— \$100.00 TRAVEL FEE ————— \$20.00

Couples Massage Class

180 MINUTES ————— \$150.00 PRIVATE ————— \$180.00

Spa Service Add-Ons

Aromatherapy

Using a heat pack to help relax muscles. \$15.00

Cupping

Cupping will help with circulation and myofascial release. \$20.00

Heat Therapy

Using a heat pack to help relax muscles. \$15.00

Hydrocollator Heat Therapy

Heat therapy providing deep, soothing relief. \$25.00

Paraffin

Paraffin dip to soften, moisturize and help with pain.

WITH MASSAGE ————— \$15.00 WITHOUT MASSAGE — \$20.00

Target Hot Stones

Target specific areas/muscles of concerns with hot stones.

WITH MASSAGE ————— \$15.00 WITHOUT MASSAGE — \$20.00

Target Cold Stones

Target specific areas/muscles of concerns with cold stones.

WITH MASSAGE ————— \$15.00 WITHOUT MASSAGE — \$20.00

Contrast Therapy

Help with pain and swelling with hot and cold stones. \$25.00

Vibration Therapy

Used to stimulate and help with circulation and pain.

WITH MASSAGE ————— \$15.00 WITHOUT MASSAGE — \$20.00



Massage Therapy
& Spa Services

Also specializing in Prenatal,
Postpartum, and Fertility Therapy

all Body kneads

SCHEDULE: 517.898.2899 | bilky@allbodykneads.com
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Breast Cancer Survivors:

Enjoy 25% off your session
and a free add-on

New Clients:

Receive a free
add-on service

Caregivers of cancer patients get a
free add-on service plus 10% off first visit.

Massage Therapy Services

Therapeutic Massage

All Body Kneads therapeutic full-body massage caters to your wants and needs with specialized focus on problem areas, tension, stress-relief, and relaxation. Deepen benefits with add-ons such as hot stones, aromatherapy, paraffin wax and more.

Full-Body: *Head, face, neck, back, arms, hands, thighs, legs, feet*
Extended options: *glutes, stomach, and for men: chest.*

30 MINUTES ————— \$35.00 90 MINUTES ————— \$80.00
 60 MINUTES ————— \$60.00 120 MINUTES ————— \$110.00

Couples Massage

Enjoy the benefits of therapeutic massage together with a friend, family member, or significant other! Set the mood with your choice of aromatherapy.

60 MINUTES ————— \$140.00 90 MINUTES ————— \$180.00

Chair Massage

Customize your experience for the relaxing or energizing effects of a brief but brilliant chair massage (clothes on.)*

Focus areas: shoulders, back, neck, scalp, other.

On location: includes vibration therapy.

10 MINUTES ————— \$15.00
 15 MINUTES ————— \$25.00
 20 MINUTES ————— \$30.00
 60 MINUTES *OFF SITE* ————— \$70.00
 TRAVEL FEE ————— \$15.00

*VIBRATION THERAPY INCLUDED AT ALL BODY KNEADS

Just Hands or Just Feet

Treat your often over-looked and over-worked extremities with sensitivity and therapeutic relief. Begin with a paraffin dip to offer luxurious warmth and moisture then relax while stress and aches are massaged away.

20 MINUTES ————— \$25.00 40 MINUTES ————— \$40.00

Sports Massage

Treat your body to a variety of massage techniques designed to make you feel stronger and freer. Athletic and performance injuries are well-served with this intense massage that caters to the special needs of athletes.

60 MINUTES ————— \$70.00 90 MINUTES ————— \$90.00

Skinny Massage

Start with an Infrared Sauna Session, followed by vibration and full body massage, including special attention to cellulite problem areas in order to improve circulation and metabolic efficiency.

WITH INFRARED SAUNA SESSION: 120 MINUTES ————— \$120.00
 WITHOUT INFRARED SAUNA SESSION: 60 MINUTES ————— \$80.00

Hot-Stone Massage

Heated river rocks melt away tension, ease stiff muscles, and increase metabolism and circulation. Firm yet smooth application provides a unique experience unachievable by hands alone.

60 MINUTES ————— \$80.00 90 MINUTES ————— \$100.00

Reflexology

Enhance your well-being with attention to specialized pressure points in your hands and/or feet to correct energy flow and relieve pain and stress.

30 MINUTES ————— \$40.00 60 MINUTES ————— \$65.00

Bamboo Fusion Massage

Warmed bamboo to perform a deep-tissue massage.

60 MINUTES ————— \$80.00

Thai Poulitice Massage

About: Herbal Poulitice is a medicinal muscle treatment that dates back to 14th Century Thailand (*Ayutthaya*) when a hot pack was administered to war-soldiers returning from battle. It remains an integral part of Thai Medicine today.

Benefits: Your body absorbs heated organic herbs and reduces aches & pains, stimulates circulation, increases lymphatic drainage, detoxes, and conditions your skin.

60 MINUTES ————— \$80.00

Prenatal or Postpartum Massage

Take a break and cater to yourself with a wonderfully satisfying therapeutic massage. Special care and professional focus is given to safely address the specific needs of a mother's body. Enjoy face-down massage on a specially-designed table that caters to you. Postpartum treatments include heat-therapy to encourage bellies to return to pre-pregnancy size.

30 MINUTES ————— \$45.00 90 MINUTES ————— \$90.00
 60 MINUTES ————— \$70.00

Fertility Massage

Non-invasive, and designed to optimally prepare your body to be receptive to conception. Take-home techniques are demonstrated for you or your partner to continue catering to your therapeutic needs at home.

1st Session: *Consult, Massage, and Class*

120 MINUTES ————— \$150.00

Subsequent Sessions: *Massage, detox and de-stressing*

75 MINUTES ————— \$80.00



Bundle any single massage service and receive the following discounts on package pricing when you pre-pay!

BOOK:	SAVE:
3 Sessions	5%
5 Sessions	10%
10 Sessions	15%



Spa Services

Spa Facial

Relax, refresh, and rejuvenate. Reverse the effects of everyday stress and aging and indulge in a youth-enhancing facial massage to cleanse, exfoliate, tone, and moisturize your sensitive skin.

WITHOUT RESURFACING TOOL: 45 MINUTES ————— \$60.00

WITH RESURFACING TOOL: 60 MINUTES ————— \$70.00

Rejuvenating Mask & Facial Massage

Bring out the youthful glow of your skin waiting just under the surface! Combined with the benefits of rejuvenating facial massage, you'll feel awakened and relaxed!

45 MINUTES ————— \$55.00

Collagen Mask & Facial Massage

Similar to a wrap, with a gentle collagen formula.

45 MINUTES ————— \$55.00

Infrared Sauna

Infrared saunas uses heat and light to relax and detoxify your body. Custom programming aids with an array of health issues such as weight loss, heart health, pain relief, anti-aging, cell health immunity, and wound healing.*

30 MINUTES ————— \$25.00 60 MINUTES ————— \$40.00

45 MINUTES ————— \$30.00

**50% OFF 60 MINUTE SESSION WHEN BOOKED WITH A MASSAGE.*

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Aromassage

Combines benefits of the Aroma Touch Technique essential oils with the healing power of hot-stones to minimize stress to the autonomic balance of our bodies. Support healthy, emotional, psychological and physiological functions for a more blissful day!

60 MINUTES ————— **\$70.00** **90 MINUTES** ————— **\$90.00**

Exfoliating Body Polish

A 'facial for the body', in this treatment we apply a natural exfoliant and aromatic essential oils on the entire body. Reveal healthier skin, and improve circulation!

BACK: 55 MINUTES — **\$45.00** **BODY: 70 MINUTES** ————— **\$70.00**

Purifying Body Polish

Detoxify your body with this rejuvenating treatment. Enjoy a natural and gentle exfoliant, followed by aromatic essential oils.

70 MINUTES ————— **\$70.00**

Spa Combo Pricing

60 Minute Massage w/Spa on Hands & Feet

\$90.00 (90 MINUTES)

60 Minute Hot-Stone Massage w/Spa on Hands & Feet

\$85.00 (90 MINUTES)

90 Minute Hot-Stone Massage w/Paraffin for Hands & Feet

\$100.00 (100 MINUTES)

60 Minute Massage & 30 Minute Reflexology

\$90.00 (90 MINUTES)

60 Minute Massage w/Basic Facial

\$90.00 (90 MINUTES)

60 Minute Massage w/Spa Facial

\$100.00 (90 MINUTES)

90 Minute Massage w/Basic Facial

\$100.00 (120 MINUTES)

90 Minute Massage w/Spa Facial

\$110.00 (120 MINUTES)