

## massage & bodywork

**Student Rate** • 50 min \$35 • 80 min \$50 • 110 min \$70  
**A.S.** ‡ • 50 min \$45 • 80 min \$65 • 110 min \$90  
**L.M.T.\*** • 50 min \$60 • 80 min \$85 • 110 min \$120

### RELAXING SWEDISH MASSAGE—

This session will help you unwind as soothing strokes allow tension to drift away, improving circulation & relaxing muscles.

### DEEP MUSCULAR MASSAGE—

A firm and effective technique that targets deeper tissues to focus on tight knotted areas caused from active lifestyles, injuries and poor postural habits.

• +\$10 for 50 min • +\$15 for 80 min • +\$20 for 110 min

### LYMPHATIC DRAINAGE MASSAGE—

A deeply relaxing light pressured therapy aimed to improve lymphatic circulation and immune function. Enjoy it as a holistic experience or for specific needs. *(Injuries, arthritis, edema, etc.) (NA for 110 min.)*

### PRENATAL MASSAGE—

This massage addresses the specific discomforts and needs of pregnancy with a blend of therapeutic and relaxing strokes.

### REFLEXOLOGY—

This ancient healing modality uses pressure to specific points in the feet to affect corresponding organs, glands and parts of the body. Includes hot towel foot wrap and our signature hydrating mint lotion.

• 20-25 min \$20 w/student • \$25 w/A.S. • \$35 w/LMT

### USUI REIKI/ENERGY THERAPY—

This gentle hands-on energy therapy relaxes and balances the energy of the body, mind & spirit. Clients may remain clothed for this treatment.

• 20-25 min \$20 w/student • \$25 w/A.S. • \$35 w/LMT

## spa treatments

### ACUPRESSURE FACIAL—

This treatment includes gentle pressure and massage to oriental acupoints on the face, neck, scalp & shoulders for a clearing deep relaxation.

• 20-30 min \$20 • \$30 w/LMT



### DETOXIFYING HERBAL BODY WRAP—

Begin with a rejuvenating dry brush scrub, followed by a body wrap infused with locally blended herbal extracts, superheated to aid in detoxifying the body while calming the mind. Also includes a face massage.

• 45-50 min \$45 • \$55 w/LMT

### EUCALYPTUS STEAM BATH—

Take a private steam with eucalyptus which is used to purify, cleanse, improve circulation, soothe nasal & bronchial passages, and rehydrate dry skin. Great for congestion caused from allergies and colds.

• 20-25 min \$20 • \$25 couples steam

### FOOT SPA PACKAGE—

Pamper your feet with a mineral foot soak, peppermint exfoliating scrub, hot stone foot massage, and an energizing mint foot massage or reflexology session.

• 45-50 min \$40 • \$50 w/LMT

### SALT AND HONEY SCRUB—

Invalidate your body with our all natural local sea salt and honey scrub that will leave your skin feeling incredibly smooth, nourished and cleansed.

• 45-50 min \$40 • \$50 w/LMT

## specialty massage

**Student Rate** • 70 min \$45 • 100 min \$65

**Advanced Student** • 70 min \$60 • 100 min \$80

**Licensed Massage Therapist** • 70 min \$80 • 100 min \$110

### HOT STONE SWEDISH MASSAGE—

A relaxing massage that combines deep heat from stones with swedish massage strokes to relax stubbornly tight muscles and break up knots.

### COUPLES MASSAGE— *(excludes deep pressure)*

Relax and unwind with your friend or partner in a massage session of your choice, received in the same treatment room, side by side.

Priced per individual massage per practitioner.

### THAI YOGA MASSAGE— †

Performed on a mat and involves rhythmic compression to warm up & relax muscles combined with sustained stretched positions improving joint flexibility and increasing range of motion. We recommend client wear flexible clothing.

*(not for severe back issues)*

### JAPANESE FULL BODY SHIATSU— †

Ancient Japanese massage using pressure & strokes to oriental acupoints located all over the body. Promotes the free flow of “CHI” for self-healing. Clients remain clothed for this treatment.

### CRANIOSACRAL THERAPY—

This energetic technique uses gentle pressure to specific areas on the skull and sacrum to ease tension & restrictions all over the body. Clients may remain clothed for this treatment. *(NA w/ Student)*

\* L.M.T. = Licensed Massage Therapist

‡ A.S. = Advanced Student Practitioner

† Available with Advanced Students & LMT's only

## massage add-on treatments

**\$5 HOT TOWELS—** Enhance your massage with relaxing hot towels on your feet, face and back.

**\$5 AROMATHERAPY—** Choose from three therapeutic grade essential oils that will add restorative effects to your body and mind. *(The vial is yours to keep)*

**\$5 CBD BALM —** Applied to focus areas, this cooling recover balm is designed for achy muscles, tendons, and joints providing a soothing effect.

**\$5 BODY BUTTER—** Upgrade your session with a rich, skin hydrating body butter for that extra smooth satin feel. *(Recommended with Salt & Honey scrub)*

**\$5 DRY BRUSH—** An exfoliation treatment using natural bristle brushes to renew skin and stimulate the lymphatic system.

**\$5 CRYSTAL CHAKRA BALANCING—** Utilizes the natural power of crystals aligned on the body's chakra centers to balance energy. *(Recommended with Shiatsu)*

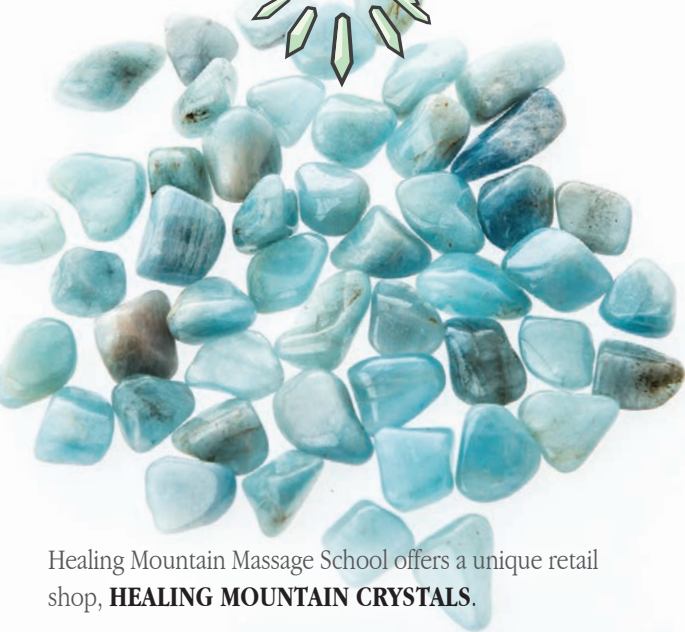


### SIGNATURE HOT ROCKS & MASSAGE—

Enjoy a swedish massage that begins with heated river rocks that fit the contour of your back. Sustained pressure & radiating heat help tightness in deep muscles melt away, allowing the practitioner to release and relax musculature more effectively.

*(specialty massage rates apply)*

# Healing Mtn Crystals



Healing Mountain Massage School offers a unique retail shop, **HEALING MOUNTAIN CRYSTALS**.

We have healing crystals, jewelry and rare minerals from around the world. We also have an array of other items including: natural handmade soaps, essential oils, pain relief balms, books, sage, singing bowls and more.

Whether you are attracted to crystals for their beauty or for their metaphysical healing properties you'll love our prices. We hand select each crystal to ensure the highest quality and best energy.

If there is something you are looking for that you don't see on display, just ask we might have it in stock. If you have any questions stop by the campus closest to you, visit us at [HealingMountainCrystals.com](http://HealingMountainCrystals.com) or follow us on facebook or Instagram @[healingmountaincrystals](https://www.instagram.com/healingmountaincrystals)

## \$300.00 Student Referral Benefit

Referrals are one of the most common reasons a student looks at attending our school. It speaks volumes of the education we provide and **we appreciate the recommendation so much that we give a \$300 spa gift certificate as a thank you.** \*\*

As you may know, Healing Mountain offers small class sizes and a diverse, yet marketable curriculum. In addition to the standard massage therapy courses, our **900-hour program contains** unique modalities like:

- Zen & the Art of Massage
- European Hydrotherapy & Spa Training
- Color Therapy using Crystals
- Prenatal & Lymph Drainage Massage
- Thai Yoga Massage
- Aromatherapy

Our refined **1200-hour Holistic Health Program** (offered in slc only) provides students an additional 300 hours of advanced bodywork and holistic therapies like:

- Holistic Nutrition
- Beginning Herbalism
- Ayurveda
- Myofacial Release
- Structural Integration

So, if you know a friend, family member, or co-worker who is thinking of changing professions to a rewarding career in massage therapy, send them our way and make sure they say you sent them. After they graduate, you'll get \$300.00 in massage or spa services as our thanks and they will get a quality education. **For more details call our Admissions Director at 801-355-6300 ext 2.**

*\*\* To qualify student must 1) write who referred them on enrollment paperwork and 2) graduate. Current HMMS students, employees, and immediate family members are not eligible for this offer. More info at [healingmountain.edu/pdf/Referral.pdf](http://healingmountain.edu/pdf/Referral.pdf)*



### SALT LAKE CAMPUS HOURS

**Monday - Sunday** 9:00 am - 9:00 pm

To Schedule Call **801-355-6300 ext 1** or **book online** at [healingmountain.edu](http://healingmountain.edu)

Gift certificates also available online

**363 South 500 East, Ste. 210  
Salt Lake City, UT 84102**

Park and enter on the east side of building.

### OTHER LOCATION

**OREM CAMPUS 801-655-5200**  
1636 S. State St., Orem, UT 84097



### SPA BROCHURE



We accept: VISA • MC • AMEX • DISC  
[www.healingmountain.edu](http://www.healingmountain.edu)