

Extras

Soothing/ Spa Extras

Warm 5lb Sacral Stone	\$5
Custom KneadEd Infused & Scented oils	\$5
Hot paraffin wax foot or hand	\$10
KneadEd Hand Scrub and Massage	\$10
KneadEd Foot Scrub and Massage	\$15
Hot Stone Therapy	\$20
Warm exfoliating Facial W/ scalp Massage	\$30

Physiological Treatment extras

Cryo-therapy	\$5
Custom KneadEd Sports Creams	\$10
Trigger Point Therapy (15/ 30min)	\$20/ \$40
Lymph Drainage (15min)	\$25

Whole-body Treatment extras

Shiatsu (meridian/chi release) (15 min)	\$25
Polarity holding (10min)	\$20
Hot stone and/or specific oils on Chi points	\$15

Edward Westhead

Certified Massage Therapist

B.S. Physiology

Associates Degree in Massage Therapy

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Gift Certificates available

KneadEd Specialties

Relaxation/ Classic Swedish Massage: \$58
Using a variety of gentle techniques to soothe and decrease stress and tension.
Add Warm sacral stone & KneadEd Oils. +\$10

Sports Massage: \$58
Massage focused around getting you ready for great efforts or speeding your recovery from events. Loved by professional athletes and weekend warriors alike.
Add Trigger Point Therapy or Lymph Drainage +\$10

Orthopedic Massage: \$68
Neuromuscular work focused around treating and getting rid of pain, whether old or new. May include Trigger Point Therapy, active stretching, postural and gait analysis and treatment as needed. Includes physiological techniques rarely known by Physicians or P. T.'s.

Integrated whole-body Massage:
60 min \$68 (90 min)\$100
Bodywork using long, full-body, more flowing massage strokes to help you feel more connected and unified as an entire, whole person (Gestalt). Generally includes infused oils and warm sacral stone, and less conservative draping to decrease segmentation. A magnificent experience.

Biodynamic Bodywork: (\$60 Special!) \$85
Stepping from the highest level of physiology to the highest level of bodywork to assist your body's natural and innate skill of being a self healing unit. Addresses the body beyond the tissue and consciousness. Promotes recovery and health from the deepest level. The cutting edge of bodywork, and most effective if you have a dedication for the session.

Combinations

"New to Massage sampler mix" \$58
Blend of relaxing Swedish massage and sports/orthopedic massage, with a bit of biodynamic holding to quiet things at a deeper level; allowing you to explore what is best for you.

"Ultimate Swedish" \$68
Swedish massage, KneadEd oils and Sacral stone

"Winter Warmer" \$68
Hot Stone Therapy, invigorating Swedish massage, warming oils, and an extra warm massage table.

"Change of Seasons" \$68
Whole body massage release, Shiatsu, Hot Stone Therapy, seasonal oils. Prepares your body for the change of the seasons; allowing the old season to leave more easily.

"Soothe me and turn off the world" \$68
Swedish massage, 10 minute Biodynamic holding, KneadEd Oils, chronic tension area emphasis, warm sacral stone.

"Po-Boy Jambalaya special" \$39
Traditionally Jambalaya is made with scraps and leftovers, this is the opposite: it's what I'm researching, improving or other wise willing to cut a deal on.

