

Benefits of Massage

Research shows when a person has a massage it boosts their immune system for up to 27 days.

Improves joint range of motion.

Promotes better posture, body awareness, skin color and muscle tone.

Reduces stress, improves mental clarity and enhances work performance.

Lowers anxiety levels, brain waves proved more relaxed and alert and stress levels are reduced. Studies show improved speed and accuracy on math computations.

Relieves tight muscles and also helps the body remember to breathe.

Benefits people who suffer from chronic fatigue syndrome, ADHD and fibromyalgia.



Benefits of Aesthetics

Essential oils have the ability to directly affect the brain and the many psychological and physiological processes of the mind and body. They can penetrate to deep levels of the skin and nourish, tighten, cleanse, detoxify, increase blood circulation, calm and support the skin's functions.

Facials promote lymphatic drainage using specific movements to clear the blockages, which aids in the removal of metabolic wastes and toxins through the lymph nodes positioned around the face and neck.

As our skin ages, the sloughing of the outer layers slows down dramatically. Facials exfoliate the skin promoting better oxygen flow to the cells and allowing the new skin to surface more quickly.

Facials using acupuncture have the ability to reduce stress, increase circulation and tune up your energy.

Sinus pressure and TMJ symptoms can be reduced with regular facials.



Your Total Well Being is the Goal

Chiropractic, Massage and Aesthetics treatments are compatible holistic therapies that share the goal of your total well-being, not simply an absence of illness. All offer natural, hands-on, drug-free techniques. They can be used as preventative as well as restorative therapies. They all work to resolve the cause of your pain, rather than treat isolated symptoms. Massage



Dr. Crabtree

and aesthetic treatments used in conjunction with chiropractic care can help you maintain optimum health and enjoy life to the fullest.

Avenue Chiropractic & Wellness

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Sometimes the Best
MEDICINE ISN'T
Medicine





Price List

Types of Massage

Types of Facials

Types of Body Treatments

MASSAGE

15 MINUTE MASSAGE	\$15.00
30 MINUTE MASSAGE	\$30.00
60 MINUTE MASSAGE	\$50.00
60 MINUTE HOT STONE	\$60.00
90 MINUTE MASSAGE	\$65.00
90 MINUTE HOT STONE	\$75.00
CHAIR MASSAGE MIN	\$1.00 PER

SPA TREATMENTS

30 MINUTE FACIAL	\$30.00
CUSTOMIZED FACIAL	\$50.00
SPECIALTY FACIAL	\$55.00
BACK FACIAL	\$60.00
AROMATHERAPY WRAP	\$60.00
HERBOLOGY POLISH	\$60.00
CRYOTHERMIC WRAP	\$75.00
CHEMICAL PEELS	\$50.00

WAXING SERVICES

BROW WAX	\$10.00	LIP WAX	\$10.00
CHEEK WAX	\$12.00	NAPE WAX	\$12.00
LEG WAX	\$60.00	1/2 LEG	\$45.00
ARMS WAX	\$45.00	1/2 ARMS	\$30.00
UNDER ARM	\$25.00	BIKINI WAX	\$25.00+
BRAZILIAN WAX	\$50.00+	SPINX WAX	\$60.00
BACK WAX	\$60.00	CHEST WAX	\$45.00

Hot Stone– Highly relaxing, stress reduction massage. The hardness of the stones allows the therapist to address specific problem areas with more detailed work or deeper pressure.

Cranio Sacral Therapy– Method used to manually apply a subtle movement of the spinal



and cranial bones in an attempt to bring the central nervous system into harmony.

Useful for stress, neck and back pain, migraines, TMJ and for chronic pain conditions such as fibromyalgia.

Swedish– Relaxation massage using light to moderate pressure. Improves blood circulation and heart function.

Deep Tissue– Focuses on the neck, back, shoulders and glutes.

Lymphatic Drainage– A therapeutic method that uses massage like manipulations to stimulate lymph movement. It is used to treat swelling in the limbs caused by lymph accumulation.

Customized Facial– Your skin will be analyzed and matched with the appropriate treatment for **you skin’s specific needs**. Each treatment includes skin analysis, cleansing, facial massage, a specific mask for your skin followed with toning and moisturization.

Fast Results Facial– Need a facial but short on time? This quick, yet highly personalized treatment will cleanse, exfoliate and revitalize your skin in just 30 minutes. Have your pores deep cleansed and extracted or enjoy a skin rejuvenating facial massage; your choice.

Flaxx C Facial– This powder-based mask helps restore firmness to sagging skin by tightening and **“compressing”** the tissues. This form of deep compression sets up biological response in skin to help reprogram and remodel the skins supportive matrix. This ultra-tightening action also stimulates microcirculation, restoring vitality to dull, lifeless skin.

Stress Solution– A luxurious facial designed to soothe and soften your complexion while it deeply de-stresses your entire body.

Skin Treatment for Men–Targeted toward **men’s “skin care needs”**. Deep cleansing and exfoliation minimize any breakouts, blackheads and ingrown hairs.

Chemical Peel–This chemical exfoliation consists of an alpha hydroxyl acid. This causes a chemical reaction that removes dead cells and smoothes the surface of your skin. Great for minor acne, fine lines and sun spots.

Aromatherapy Oil Wrap– A wrap designed to soothe away your tensions. A customized blend of therapeutic aromatherapy oils is luxuriously massaged into the skin. To finish this treatment, your body is spritzed with an herbal tonic to revitalize your entire body.

Herbology Body Polish– Chinese ground herbs designed to smooth your skin, will feed the skin with nutrients. Lightly massaged into the skin with warm citrus fruit oil, followed by a smoothing application of ground herbs.

Cryothermic Body Wrap– This intensive thermal process works on the principles of vasoconstriction and vasodilatation to:

- ◆ Relieve water retention
- ◆ Help tighten tissues with firming actives
- ◆ Purge excess toxins

Customized Scrubs– Designed with you in mind, a custom blend of oils and ingredients massaged into the skin for optimum exfoliation and stimulation.

