

In-Office Massage Services

To book services at Carlsborg location: imaginehealthyliving@gmail.com or 262-388-3564

Swedish Massage

Massage oil or cream is used with smooth, gliding strokes. Swedish massage uses firm but gentle pressure to promote relaxation, ease muscle tension and create other health benefits. It is a classic massage that will ease your stress and allow you to slip into a calm state of relaxation.

60 minutes \$55

90 minutes \$80

120 minutes \$100

Swedish Massage Three Pack

Three prepaid 60-minute in-house Swedish Massages
\$150 (savings of \$15)

Swedish Massage Four Pack

Four prepaid 60-minute in-house Swedish Massages
\$195 (savings of \$25)

Deep Tissue Massage

Designed to remove severe tension, deep tissue massage is a technique used to relieve both muscles and connective tissue below the surface, particularly in a specific area . It helps to improve range of motion and heal injuries below the surface. Combined with tissue-warming techniques and relaxation of surrounding areas, Deep Tissue Massage can bring much-needed relief.

60 minutes \$65

90 minutes \$100

Chair Massage

Chair Massage is performed in a specially designed chair with your clothes on. It is excellent for relaxation and more, depending on the technique(s) used by your massage therapist.

15 minutes \$20

30 minutes \$30

60 minutes \$45

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Add-on Services

Spa Soak

Relax in the hot tub before your massage, to melt away stress, warm muscles, and soften facial. please bring swimwear and arrive 30 minutes prior to massage start time. 20 minutes
+\$10

Aroma Therapy

Add organic essential oil to your massage experience. Ask your therapist for current selection.

+\$10 to add aromatherapy oils to your service

Foot Treatment

A warm soak prior to massage, followed by focused attention to ankles and feet, down to each individual toe! Minty skin-reviving lotion leaves feet feeling wonderful. 20 minutes.

+\$15

Hand and Wrist Massage

End your massage experience with extra attention to wrists, hands, and fingers. Warming mitts and deeply nourishing hand cream bring tired hands back to life! 20 minute

+\$15

Sinus Relief Facial Massage

Experience the soothing comfort of a warm towel facial wrap infused with a sinus-clearing aromatherapy blend, followed by a congestion-draining face, head and neck massage. 15 minutes

+\$15

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Add-on Services

Hot Towel Compresses

Steamed towels bring the spa experience to your next Swedish Massage: Hot towel compresses are used on neck/shoulders, hands, feet and as a relaxing facial wrap, during your massage.

+\$10

Yoga Therapy

Receive personalized instruction on specific yoga poses or stretches that can help extend the benefits of your massage. 15 minutes

+\$10

Healing Touch Energy Work

Add healing touch energy work to your Swedish Massage and experience the healing power of energy work including Chakra Alignment, Mind Clearing, pendant testing, and more. Healing Touch energy work and/or testing may be added to 90 minute or 120 minute Swedish Relaxation massages.

+\$25

Exfoliating Massage

A combination of exfoliating lotions, salt scrub and Korean exfoliating gloves used to increase circulation and bring a glow to skin. Plan time for shower/rinse following massage.

+\$15

Full Spectrum Light Therapy

HappyLight Therapy 10,00 lux lamps flood you with broad-spectrum light, without damaging UV rays. Full spectrum light therapy has been shown to enhance mood, energy, sleep, and focus. Especially helpful for common problems such as winter blues, sleep disorders, light deprivation, jet lag, or shift work, and a lovely way to awaken and rejuvenate following your massage. 15 minutes

+\$10