

## Techniques and Pricing:

Swedish.....\$ 70.00 per hr.

Standard massage is based on the Western concepts of anatomy and physiology and employs the traditional manipulative techniques.

Deep Tissue / Sports.....\$ 80.00 per hr.

Refers to various regiments or massage styles that are directed towards the deeper tissue structures of the muscle and fascia.

Reflexology.....\$ 70.00 / 50 min.

Originated with the Chinese and is based on the idea that stimulation of particular points on the surface of the body has an effect on other areas or organs of the body. This popular technique focuses mainly on the hands and feet.

Shiatsu.....\$ 80.00 per hr.

Japanese technique that combines fingers with pin point pressure. The purpose is to increase circulation and restore energy balances in the body. It is also an aid in soothing the nervous system.

Terracotta Bowl.....\$ 80.00 per hr.

Hot Stone Treatment or Stone Combo

Terracotta bowl is the application and placement of warm healing stones on the body in combination with traditional massage techniques. It's the best of both worlds at a great price.

La Stone.....\$ 120.00 per 1 hr. 30 min.

La Stone Therapy is the application of thermo therapy using deep penetrating heated stones and alternating with extremely cold stones. Using different temperatures, whether hot or cold, brings out a new level of circulation and healing.

Chair Massage.....\$ 1.00 per min.

## Benefits:

### Physical Level

- Deep relaxation and stress reduction
- Relief of muscle tension and stiffness
- Reduced muscle spasm and tension
- Greater joint flexibility and range of motion
- Increased ease and efficiency of movement
- Promotes deeper and easier breathing
- Healthier better nourished skin
- Improves posture

### Mental Level

- Relaxed state of alertness
- Reduced mental stress; a calmer mind
- Greater ability to monitor stress signals and respond appropriately
- Increased capacity for clearer thinking

### Emotional Level

- Satisfying the need for caring and nurturing touch
- Feeling of well-being
- Greater ease of emotional expression
- Enhanced self-image
- Reduced levels of anxiety
- Increased awareness of the mind-body connection
- A sense of being unified and in harmony

By Appointment  
(303) 909 9585

Regina Jaramillo

Licensed Massage Therapist  
Certified La Stone Therapist

### Travel and Other Fees

Travel Fee \$ 35.00 in Town

La Stone Travel Fee \$ 50.00 + mileage @  
.35 Cents a mile

90 min. Appointment minimum Required for travel

*A "Cost of Session" fee will be charged for  
"No Show" Appointments.*

Please give 24 hr. notice to your Therapist when  
canceling an appointment

Graduate of:

Santa Barbara Body Therapy Institute, Inc.  
835 N. Milpas Street Santa Barbara, CA. 93103

Lu Ross Academy Ventura School of Massage  
470 E. Thompson Blvd. Ventura CA. 93001

La Stone Therapy Inc.  
Brentwood CA.