Wesley Wellness Center Massage Menu
Located at Manor House, an ACTS Retirement Life Community

"Massage gives the body a chance to relieve stress, pain, and fatigue. Whether suffering from chronic pain or every day stress, we are committed to helping clients in meeting their goals."

Lou Ann West     Jessica Grim
(410) 251-1534     (302) 236-0965

Swedish Massage
Swedish massage is focused on your general relaxation and is suggested in a regular program for stress management. Helps improve circulation, relieve muscle tension, promote your body's natural healing process and overall well-being. Light to firm pressure strokes are applied based on your individual needs and comfort level.

30 minutes $35  60 minutes $60  90 minutes $90

Deep Tissue Massage
Massage that focuses on realigning deeper layers of muscles and connective tissue. Deep tissue massage uses many of the same movements and techniques as Swedish Massage, but the pressure will generally be more intense. It is especially helpful for chronically tense and contracted areas such as stiff necks, low back tightness, and sore shoulders.

60 minutes $70

Raindrop Massage
A unique process based on Lakota Native healing in which specific oils are dripped on your back like raindrops. The service combines therapeutic grade oils and massage techniques that help to align and clear the energy centers of the body without using force or excessive pressure. It is designed to bring balance to the body with its relaxing, mild application.

60 minutes $80

Sinus Relief Massage
Relieve sinus pressure and headaches naturally with this service. The massage begins with a warm aromatic compress placed over your sinus areas and under your neck to help loosen any congestion. While you rest, foot reflexology is then utilized, focusing on your sinus points. This service finishes with a face, neck, and shoulders massage focusing again on your sinus areas.

30 minutes $45

Hot Stone Massage
Take your massage to a deeper level of relaxation with the comfort and warmth of these basalt stones. The heat penetrates deeply to soothe tight muscles and melt away stress thus allowing manipulation of a greater intensity than with traditional massage. Indulge yourself, you earned it!

60 minute $85  90 minute $110

Gift Certificates Available!