

Body Massage

Tailored to each client's needs, the many modalities used include Swedish, Trigger Point, Deep Tissue, Structural Relief Therapy, Hydrotherapy, & Side-Lying.

You can also try Add-ons to enhance your massage experience.

- 30 minutes **30.00**
- 45 minutes **45.00**
- 60 minutes **60.00**
- 75 minutes **75.00**
- 90 minutes **90.00**

Body Glow Massage

Feel the smoothness of your skin and see it glow after this luxurious combination of massage followed by exfoliation with brown sugar body polish. Your face is also cleansed with vanilla bean rejuvenating polish, toner & moisturizer. *Add hot stones for further relaxation benefits.*

- Body Glow Massage **75.00**
- w/ Hot Stones **95.00**

Hot Stone Body Massage

Experience the warmth of the sun emitting from hot stones placed on the body. The stones, like liquid heat, glide over the skin, relax tight muscles & ease pain. The aroma mist cascades a scent of fruit and flowers to calm the nervous system and return your body to balance.

- 60 minutes **95.00**
- 90 minutes **115.00**

Baby On Board Massage

This deeply soothing prenatal massage is specifically designed for the special needs of expectant mothers. It relieves the aches and pains of pregnancy, reduces fluid retention, provides stress release and improves circulation benefiting both mom and baby. You will leave the session feeling relaxed, restored, and rejuvenated!

- 30 minutes **30.00**
- 45 minutes **45.00**
- 60 minutes **60.00**

Just for Feet

Feel the tension melt away while soaking your feet atop warm basalt stones in Himalayan & Epsom salt-infused water. Your shoulders will be wrapped with a warm hot pack. The relaxation continues with a cool peppermint splash, followed by a foot & lower leg massage with hot stones, exfoliation, and ends with a mud & paraffin foot wrap and Wild Lime scalp massage.

- Just for Feet **65.00**

15 Minute Chair Massage

Not a lot of time in your schedule for a full massage? Then schedule a 15 minute Chair massage. This massage will release shoulder & neck tension so you can enjoy the rest of your day.

- 15 Minute Chair Massage **20.00**

rates subject to change without notice

Relaxation Facial

Rest your mind and relax your entire body while your face & décolleté undergo a gentle cleansing with Talulah skincare products chosen for your particular needs. This treatment restores soft, supple tone and luminous vitality to skin. Includes a luxurious neck and shoulder massage, Wild Lime Scalp Treatment and hand and foot massage.

- Relaxation Facial **60.00**
- w/ Half Body Massage **85.00**
- w/ Full Body Massage **110.00**
- w/ Body Glow Massage **140.00**

Mini Facial

Don't have time for the full Facial? Then the Mini Facial is for you! Your face is cleansed with the Talulah Skincare products chosen for your skins needs. The treatment consists of Cleansing, Toning, Serum, & Moisture. It's a wonderful way to refresh your mind & spirit.

This facial can be added to any massage or spa treatment.

- Mini Facial **30.00**

Waxing

- Arms **30.00**
- Bikini **30.00**
- Chin **10.00**
- Eyebrows **15.00**
- Legs – Half / Full **30.00 to 60.00**
- Lip **10.00**
- Underarms **15.00**

Body Massage Add-Ons

Items marked w/ ** need to be requested in advance due to preparation time.

for the Back

- Brown Sugar Polish **10.00**
- Hot Stones ** **20.00**

for the Face & Scalp

- Mini Facial ** **30.00**
- Brow Wax** **15.00**
- Lip Wax ** **10.00**
- Wild Lime Scalp Tx **10.00**

for the Hands & Feet

- Paraffin - Hands or Feet **5.00**
- Foot Soak **10.00**
- 10 minute foot massage * **10.00**

* *Excellent addition to a 30 min massage*

for the Body

- Dry Skin Brushing * **5.00**
- **Exfoliates, stimulates lymph flow & circulation*

Pre-Paid Package Deal

Pre-pay for 5 of the same service and receive the 6th one free.

Gift Certificates

Let someone special know you care by giving them a handmade gift certificate for any massage or spa treatment, or for a specific dollar amount.

Benefits of Massage & Spa services

- Reduces Stress
- Provides relief from chronic pain & discomfort
- Improves joint flexibility
- Helps to lower blood pressure
- Improves sleep quality
- Increases circulation
- Exfoliates dead skin cells
- Reduces water retention
- Reduces mental and physical fatigue
- Helps strengthen the immune system
- Promotes an overall feeling of well-being

body spa & massage is a little oasis located in Courtney Aronson's home in the St Johns neighborhood of North Portland. This is a place dedicated to the client! Courtney's expertise is focused on you and only you during your session.

Please call to book your appointment today for a massage or spa treatment that will leave you feeling vibrant and rejuvenated.

Courtney Aronson, LMT, LE

OR license #: 12471

971.409.3740

Wednesday through Saturday
By Appointment Only

7114 N Mohawk Ave
Portland, OR 97203

Preferred Payment Accepted: Cash & Check

Alternate Payment Methods: Visa or MasterCard

[Revised 8/2009]

body spa & massage



a place to rejuvenate

Courtney Aronson

Massage Therapist
&
Esthetician

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www.bodyspaandmassage.com

please check website for updates