

# MENU OF SERVICES

Schedule with the Vagaro app OR at [www.vagaro.com/mettawellnesscenter](http://www.vagaro.com/mettawellnesscenter)



Choice of: Pregnancy Massage, Swedish Massage, Thai Traditional Bodywork OR Thai Foot Reflexology\*

1 hour	\$ 100
2 hour	\$ 180
2 1/2 hours	\$ 225
3 hours	\$ 270
3 1/2 hours	\$ 315

Choice of: Abdominal Massage, Aromatherapy Massage, Hot Stone Massage, Therapeutic Massage, Thai Clinical Bodywork OR Luk Pra Kob (Thai Traditional Bodywork w/Thai Herbal Compress)

1 hour	\$ 120
2 hour	\$ 200
2 1/2 hours	\$ 250
3 hours	\$ 300
3 1/2 hours	\$ 350

## Vibrational Sound Sessions

Tibetan bowls are placed on and around the body. Also used in the session are a hand-held gong, drum and tuning forks. This is a GREAT opportunity to receive a "vibrational massage" and balance any energetic imbalances, release stuck energy, release muscle tightness and totally relax as well!

1 hour	\$ 100
1 1/2 hours	\$ 140
2 hours	\$ 180

## Combo of Massage + Vibrational Sound Sessions

These sessions combine 1 hour of Vibrational Sound with a massage/bodywork session. Pricing is the same as the massage/bodywork session it is paired with.

# Add-Ons:

**Face/Scalp Massage (15 mins) \$ 20**

**Face/Scalp Treatment (30 mins)\* \$ 40**  
(Includes face/scalp massage, facial paste + moist heated mask).

**Foot Massage (30 mins) \$ 40**

**Hands Massage (15 mins) \$ 20**

**Hands/Foot Massage (30 mins) \$ 40**

**Paraffin Hands & Feet (15 mins)\*: \$ 45**

**Paraffin Hands Treatment (30 mins)\*: \$ 40**  
Includes paraffin hands treatment and 15 minutes Hands massage

**Paraffin Feet Treatment (45 mins)\*: \$ 60**  
Includes paraffin feet treatment + 30 minutes Feet massage

**Paraffin Complete Treatment\*: (60 mins): \$ 100**  
Includes paraffin hands & feet treatment plus 15 minutes hands massage + 30 minutes feet massage

**Aromatherapy Massage Oil Blend - \$ 20**  
Young Living (to table massage)

**Hot Himalayan Salt Stones (to table \$ 20**  
massage)

**Luk Pra Kob (Thai Herbal Compress) \$ 40**  
added to a table massage or Thai Clinical\*

**Neck/Shoulders Massage 15 minutes \$ 20**  
30 minutes \$ 40

**Rest on mat or table after session: \$ 15**  
(15 mins)

**Vibrational Sound OR Sound Bath before \$ 20**  
or after massage 15 minutes \$ 20  
30 minutes \$ 40

**Yoga Nidra-Guided Meditation 30 mins \$ 40**



**METTA**  
Wellness Center

WWW.METTAWELLNESSCENTER.NET

\* YOGA \* SOUNDBATHS \* MASSAGE

1703 NE 8th Rd, Ocala, FL 34470

(5 minutes North of downtown square)

(352) 299-5549

# SPA PACKAGES

**Stress Less Express:** 35 mins  
**30 minutes Neck/shoulders  
massage + Paraffin Hands and Feet**  
\$ 85

**Muscle Melter:** 2 hrs 45 mins  
**2-1/2 hour Hot Stone Massage plus  
15 minutes of rest after the session**  
\$ 265

## General Wellness Focus

**BASIC General Wellness:** 1-1/2 hrs  
**Refresh yourself with the basic needs!  
15 minutes Sound Bath + 1 hr Swedish  
massage + 15 mins Rest** \$ 135

**LUXURY General Wellness:** 3 hrs  
**Splurge on a mini getaway!  
15 minutes Sound Bath + 2 hr  
Aromatherapy massage + Hands/Feet  
Paraffin + 15 mins Face/Scalp  
massage + 15 mins Vibrational Sound  
Session + 15 mins Rest** \$ 320

**PREMIUM General Wellness:** 4-1/2 hrs  
**Pamper yourself for a day!  
30 minutes Sound Bath + 2 hr  
Aromatherapy massage + Paraffin  
Complete Treatment + Face/Scalp  
Treatment + 15 mins Vibrational Sound  
Session + 30 mins Yoga Nidra Guided  
Meditation** \$ 440

**Foot Revival** 75 mins  
A treatment to revive tired or sore  
feet and lower legs. This treatment  
includes the 1 hour Thai Traditional  
Foot Reflexology plus a feet  
paraffin. This will leave your lower  
legs and feet refreshed and  
moisturized. \$ 125

## Therapeutic Focus

**BASIC Therapeutic:** 1-1/2 hrs  
**Refresh yourself with the basic needs!  
15 minutes Sound Bath + 1 hr  
Therapeutic massage + 15 mins Rest**  
\$ 155

**LUXURY Therapeutic:** 3 hrs  
**Splurge on a mini getaway!  
15 minutes Sound Bath + 2 hr  
Therapeutic massage w/  
aromatherapy massage oil + Hands/  
Feet Paraffin + 15 mins Face/Scalp  
massage + 15 mins Vibrational Sound  
Session + 15 mins Rest** \$ 340

**PREMIUM Therapeutic:** 4-1/2 hrs  
**Pamper yourself for a day!  
30 minutes Sound Bath + 2 hr  
Therapeutic massage w/  
aromatherapy massage oil +  
Paraffin Complete Treatment +  
Face/Scalp Treatment + 15 mins  
Vibrational Sound Session +  
30 mins Yoga Nidra Guided  
Meditation** \$ 460

**Abdominal Massage:** The Abdominal Massage combines ancient Chinese and Thai detoxification methods to promote deep healing and restore the body's inherent balance. This holistic treatment addresses digestive concerns while simultaneously nurturing emotional and spiritual health, offering a well-rounded approach to wellness. Ideal for those seeking to boost their vitality, this massage encourages harmony within the body's natural rhythms, leading to a renewed sense of overall well-being.

**Aromatherapy Massage:** Experience a transformative Aromatherapy Massage that combines skilled techniques with the healing benefits of 100% pure therapeutic-grade Young Living essential oils. This treatment focuses on alleviating tension, restoring harmony, and enhancing energy flow, fostering a sense of overall well-being. Allow yourself to be enveloped by soothing aromas and varied massage strokes that uplift your mood, energize your spirit, and leave you feeling utterly refreshed and rejuvenated.

**Face/Scalp Treatment:** Includes 15 minutes face/scalp massage, facial paste and moist heated mask. The facial paste is a combination of sandalwood with Multani mitti to offer extraordinary cooling effect that refreshes the skin. Almond & Calamine provide necessary moisturizing properties which helps to improve complexion and texture of skin. Feels AMAZING!

**Hot Himalayan Salt Stones (add-on to a table massage):** Saltability's Himalayan Salt Stones, composed of crystals rich in 84 essential minerals from ancient seas in the Punjabi region of the Himalayas, offer a unique and therapeutic massage experience. These naturally antimicrobial stones are heated to amplify their health benefits, effectively reducing inflammation while promoting relaxation, detoxification, and stress relief. Indulge in the soothing warmth and mineral-laden properties of Hot Himalayan Salt Stones helping to rejuvenate body and mind. Resonating at the Earth's frequency, Himalayan salt balances and neutralizes the ill effects of the toxic frequencies we live with every day.

**Hot Stone Massage:** This massage creates an experience like no other. The heated basalt stones are strategically placed on the body and their ability to hold and radiate heat assists in loosening the tightness often caused by stress & tension. I will massage with the stones as well as my hands so each body part is massaged twice. Truly decadent! Note: I have been told by those experiencing hot stone massage at other places that I have sooooo many more hot stones than anyone else so massage is soooo much better!

**Luk Pra Kob (Thai Herbal Compress):** This has been used in Thailand for hundreds of years as a medicinal treatment for pain, dysfunction and stress. The herbs, which are wrapped in cotton cloth and steamed prior to application, have many benefits such as: anti-inflammatory, astringent, antibacterial, analgesic and muscle relaxant. The heat, medicinal properties and broad compression along the energy lines of the body provided by the herbal compress make it ideal for normalizing hyper-irritable areas of muscle tissue - allowing the muscle to stretch and resolve taut bands and trigger points. This is a Thai Traditional Bodywork session using the Thai Herbal Compresses. Please wear stretchy clothing for session. The (Add-on) Thai Herbal Compress may also be added onto a table massage instead.

**Paraffin Hands & Feet:** thermabliss Paraffin treatments are sanitary single-use and leave your hands smooth, hydrated and protected with a blend of vitamins A, B, C & E, as well as Swiss Apple Cells for radiant skin with anti-aging support. Includes paraffin hands and feet only - no massage.

**Paraffin Hands Treatment:** thermabliss Paraffin treatments are sanitary single-use and leave your hands smooth, hydrated and protected with a blend of vitamins A, B, C & E, as well as Swiss Apple Cells for radiant skin with anti-aging support. Includes paraffin hands and 15 minutes Hands massage

**Paraffin Feet Treatment:** thermabliss Paraffin treatments are sanitary single-use and leave your feet smooth, hydrated and protected with a blend of vitamins A, B, C & E, as well as Swiss Apple Cells for radiant skin with anti-aging support. Includes paraffin feet and 30 minutes Feet massage

**Paraffin Complete Treatment:** thermabliss Paraffin treatments are sanitary single-use and leave your hands and feet smooth, hydrated and protected with a blend of vitamins A, B, C & E, as well as Swiss Apple Cells for radiant skin with anti-aging support. Includes paraffin hands & feet treatment plus 15 minutes hands massage + 30 minutes feet massage

**Pregnancy Massage:** Pregnancy Massage is expertly crafted to alleviate the unique physical discomforts experienced by expectant mothers - including fatigue, backaches, leg pain, and muscle cramping. This specialized massage technique effectively relieves tension in the neck and shoulders while also reducing edema and improving blood circulation, which is essential for the health of both mother and baby. Experience a profoundly soothing and restorative treatment that fosters deep relaxation.

**Rest After Session:** A tranquil 15-minute rest at the end of your session to fully absorb the benefits before you return to your day.

**Swedish Massage:** Light to medium pressure. Swedish Massage offers a tranquil experience that utilizes gentle, flowing strokes to alleviate muscle tension and enhance overall well-being. This soothing therapy not only improves circulation and flexibility but also encourages deep relaxation, allowing you to unwind from daily stress. By the end of your session, you will emerge feeling revitalized and refreshed, equipped to tackle life's challenges with renewed vigor and clarity.

**Therapeutic Massage:** Experience a transformative session that combines the therapeutic benefits of deep tissue massage, cupping techniques, trigger point therapy, stretching, massage gun and other tools to allow the most thorough release of myofascial trigger points, fascial adhesions, and restoring range of motion. After discussing the issues the client is experiencing and the desired outcome for the session, the therapist will determine the best techniques to accomplish this. *Book this massage if you used to receive Deep Tissue or Cupping massage.*

**Thai Foot Reflexology:** According to Chinese medicine, the sensory nerves of the internal organs that spread throughout the body are mainly gathered around the soles of the feet. Massaging and pressing specific points on the soles of the feet associated with particular organs produces a therapeutic effect in corresponding parts of the body, helps stimulate activities of the inner organs and improves blood and lymph circulation. Thai Reflexology techniques combines acupressure, lower legs stretching, massage from the feet up - including the lower legs and knees, and reflexology using Thai wood stick aided by shea butter.

**Thai Clinical Bodywork:** This combines the ancient wisdom of traditional Thai techniques with the contemporary practices of Travell & Simons Trigger Point Therapy, along with elements of osteopathy, yoga, and Asian medicine. This holistic approach is meticulously crafted to address chronic pain that often eludes conventional treatments, providing profound relief and promoting overall wellness. The therapy is tailored to target specific pain points as well as all contributing muscles and systems causing the issue. Wear or bring stretchy clothing.

**Thai Traditional Bodywork:** Experience a rejuvenating Thai Traditional Bodywork, a practice rooted in Buddhist medicine that harmonizes vital energies through a series of slow, rhythmic movements. This full-body massage utilizes the therapist's thumbs, palms, elbows, knees, and feet to apply compression and stretch the muscles, often earning the nickname "yoga massage" or "Lazy Man's Yoga." After this session, you will feel both relaxed and energized, enhancing your flexibility. Wear or bring stretchy clothing.

**Vibrational Sound Session:** Experience a transformative session designed to harmonize your body, mind, and spirit while promoting deep relaxation and healing. You will remain fully clothed as you are immersed in the soothing tones and vibrations generated by therapeutic singing bowls, tuning forks, hand held gong and a buffalo drum, all within a serene environment that gently nurtures your nervous system to aid in releasing stagnant energy and tension.

**Yoga Nidra (Guided Meditation) 30 minutes:** You will lay on the heated table or Thai mat. This is an ancient deep guided meditation technique that rides on the biology of the body and mind to enter subtle states of being. Here the mind-stuff is cleared and the body has the opportunity to deeply regenerate and restore itself from the inside out. It is said that 45 minutes of Yoga Nidra is as restorative as 3 hours of sleep. In sleep, you only wake up rested. Yoga Nidra is a conscious sleep - you learn to enter the gap between you and your thoughts. Here, you can train yourself to develop a healthy relationship with thoughts, emotions, and dreams of the life that usually drain your energy and compromise your health.