

Massage Services

706 Main Street, Suite A, Tabor, IA 51653 (712) 629-1154

www.TaborMassage.com

SWEDISH MASSAGE: 1 hour \$85, 1 1/2 hours \$110, 2 hours \$145

The perfect massage to relieve the stress and tightness caused by a hectic life. Increases flexibility, stimulates circulation, promotes relaxation and rejuvenation. Light to medium pressure calms the nervous system, which reduces stress and promotes a greater sense of well-being. Problem areas are addressed. Blending Swedish and circulatory massage strokes.

AROMATHERAPY MASSAGE: 1 1/2 HOUR \$130, 2 hours \$165

A relaxing individualized aromatherapy massage to leave your body and mind feeling rested.

HOT STONE MASSAGE: 1 1/2 HOUR \$130, 2 hours \$165

By massaging with hands and the deep penetrating heat of smooth, basalt stones, tightness often caused by stress and tension is loosened.

ADD-ON 20 MIN. FEET/HAND HOT STONE MASSAGE: \$40

LA STONE THERAPY MASSAGE: 1 1/2 HOUR \$130, 2 hours \$165

Also known as hot and cold stone therapy, this massage that uses smooth heated and cold marble stones to relieve stiffness and soreness, and to restore aching muscles and joints.

WARM BAMBOO BODY MASSAGE: 1 1/2 HOUR \$130, 2 hours \$165

Experience the luxury of warm bamboo sticks for an exotic, deeply relaxing full body experience. Bamboo is warmed and used directly on the skin using lotion or oil, and are gently rolled, kneaded, and glided over the body in a rhythmic motion, melting away muscular tension. The bamboo provides a balancing and harmonizing effect leading you in an extreme state of relaxation. This massage is tailored to your needs, providing either a light relaxation or therapeutic experience.

ADD-ON 20 MIN. FEET/HAND WARM BAMBOO MASSAGE: \$40

PREGNANCY AND POST-PARTUM MASSAGE: 1 hour \$85

Massage is encouraged and supported throughout the entire pregnancy, including the first trimester and up to three months after giving birth. This special time in your life brings its own unique joys as well as some aches and pains; a massage helps relieve the normal discomforts of pregnancy. Shamani is trained in curating a safe, secure, and restful position throughout your massage. A specialized pregnancy bolster may be used for support.

REFLEXOLOGY HAND AND FEET MASSAGE: 1 HOUR \$85

Pressure is applied on points of the hands and feet that correlate throughout the body to relax and heal the body. Certain points on the feet and hands correlate to organs throughout the body, and application of pressure to these points could reduce or eliminate pain in the body. Your massage is done fully clothed. When done, you feel completely relaxed and rejuvenated.

ADD-ON 20 MIN. HANDS & FEET REFLEXOLOGY MASSAGE: \$40

CUPPING TREATMENT: 1 1/2 HOUR \$130, 2 hours \$165

Helps with pain, inflammation, blood flow, relaxation and well-being, and as a type of deep-tissue massage. An ancient form of alternative medicine in which a therapist puts special cups on your skin for a few minutes to create suction.

ADD-ON CUPPING TREATMENT: \$40

Special cups used to create suction on your skin will be integrated into your massage.

ADD-ON DEEP PRESSURE MASSAGE: \$20

Good for those who typically request a deeper, firmer massage. If your lifestyle involves sports or you're deeply stressed, this massage upgrade will really loosen you up. This massage focuses on specific areas for deeper relief using slow stroke techniques, and leaves you feeling deeply appreciative of the talented hands of your massage therapist.

ADD-ON 20 MIN. FACE & SCALP MASSAGE: \$40

Relaxing and revitalizing treatment that helps reduce tension and increase circulation.

ADD-ON 20 MIN. FEET/HAND PARAFFIN DIP: \$40

This is a form of heat therapy that can help increase blood flow, relax muscles, decrease joint stiffness, minimize muscle spasms and inflammation as well as treat sprains.

ADD-ON HYDROCOLLATOR HOT PACK: \$10

Heat brings more blood to the area where it is applied. Reduces joint stiffness and muscle spasm, which makes it useful when muscles are tight.

PRIVATE YOGA SESSION: 1 hour \$85, 1 1/2 hours \$110, 2 hours \$145

Evidence-based yoga practice in the treatment of specific health conditions. The instructor is a C-IAYT, Certified International Associate Yoga Therapist, a Pain Care Yoga Therapist, empowering individuals with Yoga Therapy.

About Shamani Langille

High level Nationally Board Certified Massage Therapist and Licensed Massage Therapist with knowledge of massage modalities ranging from clinical massage to general wellness and/or relaxation. Shamani has been a massage therapist since 2000. She specializes in trigger point therapy to help resolve acute or chronic pain issues, post-surgery recovery, restore range of motion, and make your day-to-day life more manageable. Shamani's services range from clinically focused sessions to achieve pain relief (acute and/or chronic pain, reduced range of motion, as well as helping with post-surgery issues) to general wellness and/or relaxation. Shamani offers lots of different services depending on the needs and wants for the particular session that day. Shamani is a Certified Medical Yoga Therapist, Yoga Alliance Yoga Continuing Education Provider, Certified Meditation Teacher, and Chiropractic Assistant.