

## Body Treatments

### Contouring Inch Loss

90 min. \$80

Lose 4-14 inches with each treatment that cleans toxins from the fat cells through your lymphatic system. Begin with a gentle exfoliation to open your pores to accept the application of an aloe and herb based gel. While you are cocooned in warmth, you will receive a specialized lymph drainage massage on your face and neck.

### Sea Salt Scrub & Polish

60 min. \$60 Back Only: 30 min \$30

This is the ultimate exfoliating for the entire body. Dead sea salts and rich oils are massaged on your skin to remove rough and dry skin. Following the exfoliation massage you will receive a hot towel rub down and the moisture of your choice is massaged into your skin leaving your body silky smooth. Sugar can be substituted for delicate skin types.

### Detoxification

60 min. \$60

This treatment begins with a full body gentle exfoliation to open your pores. This highly stimulating massage treatment is infused with amino acids, vitamin E, green tea extract, grapefruit extract and kelp. While you are cocooned in warmth, you will receive a face, neck and head massage. Following the massage you will receive a hot towel rub down and your skin will feel refreshed and renewed.

## Located In the Harmony Wellness Center

456 N. Main St.  
Oshkosh, WI 54901  
Visit Us At

[www.harmonywellness.net](http://www.harmonywellness.net)

# Absolute Body Treatments & Massage

## For the Ultimate Relaxation Experience

Today!

(920) 230-4680

Or

(920) 685-0828



### Couples Services

Just double any service price

Enjoy any of our services with a friend or loved one. Two therapists will perform your service in the same room. This service is perfect for anniversaries, bride and groom, mother and daughter, or friends.

## Massage Therapies

### Swedish

30 min \$30 60 min \$60 90 min \$90

This traditional massage employs long strokes that increases circulation and stretches the ligaments and tendons keeping them supple and pliable. Swedish Massage also stimulates the skin and nervous system at the same time. It reduces stress, both emotional and physical, and is suggested in a regular program for stress management.

### Deep Tissue

30 min \$35 60 min \$65 90 min \$95

Deep Tissue Massage is a massage technique that focuses on the deeper layers of muscle tissue. It aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas. When muscles are stressed, they block oxygen and nutrients, leading to inflammation that builds up toxins in the muscle tissue. A deep-tissue massage helps loosen muscle tissues, release toxins from muscles and get blood and oxygen circulating properly. Not recommended for first time massages.

### Hot Stone

60 min. \$60

If you'd like to pamper yourself, if you want to feel toasty warm, or if you just want to relax, Hot Stone Massage is for you. It has all the benefits of massage: increased circulation, relaxation response, and reduction of pain in sore and tired muscles, with the added element of heat. It is an extremely pleasurable experience.

### Indian Head

45 min. \$45

Indian head massage is based on an ancient healing system. The massage is invigorating, revitalizing and an uplifting treatment working on the upper back, shoulders, scalp and face. Traditionally oils are massaged into the scalp for their many therapeutic properties. The use of oils is optional. This particular form of massage can be used to relieve eyestrain, insomnia, migraines, stiff necks and shoulders and headaches.