



Massage Menu

Relaxation or Therapeutic Massage

Includes Swedish massage, sports massage, deep tissue, and structural bodywork.

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|-------------------|------|
| 30 minute session | \$40 |
| 60 minute session | \$60 |
| 75 minute session | \$75 |
| 90 minute session | \$90 |

Couple's Massage \$130

Two massage clients and two massage practitioners in one room. What better way to spend quality time with a friend, partner, or spouse!

Hot Stone Massage \$80

Smooth, heated basalt stones are used to melt away knots, tension, and stress.

Salt Glow \$45

Rejuvenate your skin with gentle exfoliation using aromatic Dead Sea salts. A salt glow will leave your skin fresh and glowing.

Salt Glow with Massage \$100

Please stop by the **CBRC Front Desk** to schedule your massage appointment or call **943-8416**.

If you have questions regarding massage therapy, please call **Brenda Wiesner** at **430-2790**.

CBRC encourages 24 hours notice for appointment cancellation. We reserve the right to charge for missed appointments or cancellations made with less than 4 hours notice. Thank you!

CBRC's Licensed Massage Practitioners

Brenda Wiesner, LMP

WA License # 9334

KMI Certified Structural Integration Practitioner

Brenda specializes in working with chronic pain conditions, sports related injuries, and postural problems causing reoccurring pain and dysfunction. She does well with stubborn problems that may not have responded well to other therapies. Clients who seek deep, specific work do well with this type of bodywork. Brenda has been in practice for 12 years and is a graduate of Seattle Massage School.

Michelle Wendell, LMP

WA License # 7738

Those seeking relief from stress, whether from work, care-giving, or active lifestyles will find Michelle's massage style most beneficial. Techniques she provides include hot stone massage, skin smoothing salt glow, relaxation massage, Pre-natal massage for the childbearing years, couples massage, and Swedish massage. Michelle has 13 years of massage experience and is a graduate of Utah College of Massage Therapy.

John Slatick, LMP

WA License # 17218

John addresses painful musculoskeletal conditions with Structural Relief Therapy, which uses gentle positioning of the body. SRT in conjunction with therapeutic and Swedish massage offers relief to clients who suffer from complex chronic pain as well as "common little aches and pains." John is a graduate of Myotherapy College of Utah and has been in practice for 8 years.

Tara Napolitan, LMP

WA License # 19225

Tara is a 2003 graduate of Ashmead Massage School in Fife, WA. Tara excels in providing deep, full body therapeutic massage, sports massage, and injury specific bodywork. Tara is a good choice for the massage client that expects deep, full body, result oriented massage that maintains a relaxing, comforting quality.