

**Therapeutic Massage**      1 hour      \$60  
   1 hour, 20 minutes      \$85

**Couples Massage**

Both of you can receive a massage at the same time, with two practitioners

**Hot Stone Massage**      1 hour, 20 minutes      \$100

**Thai Yoga Massage**      1 hour, 20 minutes      \$90

Thai yoga massage is performed with you clothes on a floor mat, using pressure points and passive stretching.

**Shiatsu**      1 hour, 20 minutes      \$90

Similar to Thai Yoga Massage, but performed on a table. Both of these modalities apply pressure along meridian lines to maintain proper chi (energy) flow through the body, mind and spirit.

**Watsu**      1 hour      \$90

Zen shiatsu performed in a therapeutic warm pool (95 degrees). Supported by water and the practitioner, the client is moved and stretched with the rhythm of their breath, resulting in greater flexibility and ease in the body. The ultimate in relaxation.

**Natural Spa Face Treatment**      \$90

Cleanse, massage, mask, and moisturize using only the most natural ingredients and hot stones

**Natural Foot Treatment**      1 hour      \$90

Soak, Exfoliate, massage (including reflexology techniques) and moisturize with natural ingredients and hot stones

All of our certified massage therapists trained at Blue Ridge School of Massage & Yoga. See our web site for more details about our services: [www.nrvmassage.com](http://www.nrvmassage.com)