



We specialize in Clinical Massage Therapy and offer a variety of holistic care services.

Memberships are available.

TEMPORARY MENU DURING COVID-19

Treatment Type	30 min	45 min	60 min
Online Self-Care Consultation	\$35	--	\$70
Clinical/Myofascial*	\$85	\$110	\$135
Swedish/Deep Tissue	\$60	\$80	\$95
Sports Massage	\$70	\$90	\$110
Pre & Postnatal Massage**	\$60	\$80	\$95
Lymphatic Drainage	\$60	\$80	\$95
Cupping	\$60	\$80	\$95

***Clinical/Myofascial Massage** is best suited for those post-surgery, recovering from an injury or experiencing chronic pain. It involves an incorporation of techniques such as Myofascial, Trigger Point, stretching and muscle clearing to address chronic muscle/skeletal issues. Clinical Massage can help with TMJ, Carpal Tunnel Syndrome, Thoracic Outlet Syndrome, shin splints, chronic headaches, and more.

**Prenatal and Postnatal Guidelines

Pre - Expectant mothers, must at least be in their second trimester to receive our prenatal services.

Post - Mothers who have had a C-Section must wait six weeks following the birth or provide us with a signed release from their doctor.

Jr Therapist Rates (20% Off Rates Shown Above)

These rates are 20% less than more experienced therapists. Jr Therapists are CAMTC certified, have 2 years or less of professional experience and are welcomed to the team due to their high skill level.

**A Doctor's Referral is Required | Call to Book
(707) 562-5630**

We accept FSA and HSA cards. If you have an MRA account, we're happy to provide an invoice for reimbursement.

We are currently unable to offer our usual Wellness, Reiki, Skin Care or Yoga Services at this time.

PLEASE BE AWARE

At this time, we are only able to take clients that have received a doctor's referral, confirming that they require massage for a medical purpose (i.e. for chronic headaches, chronic pain, surgeries, injuries, postural issues, scoliosis, etc).

TO BOOK AN APPOINTMENT

A doctors referral is required in order to schedule a service. Please send the referral by email to tuneupholisticcare@gmail.com and then call to book. Online booking is unavailable at this time.

PRECAUTIONS

We have added more time in between sessions to allow staff to clean and disinfect. Staff will be wearing masks, face shields and clothing covers that will be sanitized or changed in between sessions. Reception staff will be working remotely.

WHAT TO EXPECT

All clients must wear face masks for the duration of their stay, including the entire duration of the treatment. If masks are removed at any time, we are legally required to end the session. If you do not have one, one will be provided for you. According to the CDC, If you have breathing trouble or are otherwise unable to remove the mask without assistance, you may be excused from wearing a mask. If you have a medical reason as to why you are not required to wear a mask, we will also need this information included in your doctor's referral.

PAYMENT & HOURS OF OPERATION CHANGES

We are not accepting cash or checks at this time. We do accept all major credit cards, Apple Pay and Android Pay. We also accept Flexible Spending Account (FSA) and Health Savings Account Cards (HSA). If you have a Medical Reimbursement Account, we are happy to provide you with an invoice via email.

Reception Hours: Wednesday - Sunday, 9am - 4pm
Closed on Mondays & Tuesdays

236 Georgia Street, Ste 101 | Vallejo, CA 94590

www.tuneupholisticcare.com

(707) 562-5630

Must Call to Book | By Appointment Only