



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

Memberships, & eGift Cards are available

BODYWORK SERVICES

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
Shiatsu	\$60	\$80	\$95
Sports Massage	\$70	\$90	\$110
Pre & Postnatal Massage**	\$60	\$80	\$95
Hot Stone Massage	--	--	\$130

WELLNESS SERVICES

Lymphatic Drainage	\$60	\$80	\$95
Cupping	\$60	\$80	\$95
Abhyanga \$155 90 min	Shirodhara \$80 60 min	Salt Scrub \$90 45 min	
Abhyanga with Shirodhara \$195 120 min		Thai Herbal Poultice \$125 60 min	

***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 mor

**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. They are CAMTC certified, have 2 years or less of professional experience and are welcomed to the team due to their high level skill sets.

Online Booking & eGift Cards Available

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

REIKI

A healing modality that originates from Japan and focuses on cleansing the Chakra and Auric systems, and may provide emotional & spiritual support in cases of grief or PTSD. It's also able to be used in times where massage is contraindicated, such as an acute injury, broken bone, or torn ligament.

Reiki with Reiki Master Lauren L.

30 min \$60 | 45 min \$75 | 60 min \$90 | 3 Session Series \$145*

Reiki with Reiki Master Teacher Kryss C.

30 min \$60 | 60 min \$80 | 3 Session Series \$150*

*The 3 *Session Series* is especially designed for optimal, long-term healing. Each session is 30 minutes and is intentionally scheduled within a 30 day period.

SKIN CARE

Arbonne and dōTERRA products are used to cleanse, detoxify and renew. Products and techniques are tailored to fit each individual's needs. Treat yourself and go beyond the usual beauty treatment with the Reiki Facial or bring in your Teen! Teens may receive a consult on preemptive skin care, if interested.

Reiki Facial	90 min \$125
Customized Facial	60 min \$80
Back Facial	60 min \$80
Mini Facial	30 min \$45
Teen Facial	30 min \$40

YOGA

Hatha | Vinyasa | Restorative | Pre & Postnatal

Private Yoga Instruction for Beginner & Intermediate Levels

This is perfect for individuals or small group gatherings: couples, friends and families. Discuss personal goals for flexibility, strength and meditation and get help with improving form that will help your ongoing yoga practice. Learn and practice yoga one-on-one or split the cost and practice with a group of up to five people!

Individual 60 min \$70 | Group of 5 \$14 each

Private Yoga Instruction & Reiki for Beginner & Intermediate Levels

Enjoy the benefit of Reiki in addition to personalized attention and adjustments. Enjoy this class one-on-one or split the cost and practice with a group of up to five people!

Individual 90 min \$115 | Group of 5 \$23 each

236 Georgia Street, Ste 101 | Vallejo, CA 94590

www.tuneupholisticcare.com

(707) 562-5630

Book Online | By Appointment Only | Open 10am - 8pm, Wed - Sun