



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

Memberships & eGift Cards are available.

TEMPORARY MENU

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 Treatment	\$60	\$80	\$95
Thai Herbal Poultice	--	--	\$125
Hot Stone	--	--	\$130

***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.

**eGift Cards Available | Please 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.

DECEMBER UPDATE

- Tune Up Holistic Care's protocol and menu has changed in compliance with our governing boards and shelter in place. At this time we are not offering Skincare, Waxing, Yoga or Reiki. We are offering therapeutic massage services only.
- All clients must have a Doctor's referral before booking an appointment.
- Online booking is not accessible at this time. Please call to book.

DOCTOR'S REFERRAL

If you have not yet submitted a referral here is what you will need to do:

1. Get a Doctor's Referral: The referral needs to state that you require massage for a medical reason (ex. chronic headaches, chronic pain, stress, anxiety, recovering from injury/surgery, etc.) and must be on your licensed physician's letterhead (not just an email).
2. Email the referral to tuneupholisticcare@gmail.com
3. Call to book

If you have already submitted a referral you may call or text our reception line at (707) 310-1237 to book your next appointment.

COVID-19 PRECAUTIONS

We've added more time in between sessions to allow staff to clean & disinfect. Staff wear masks, face shields and clothing covers that are changed in between sessions. Reception staff is 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: Wed - Sun, 10am - 5pm

Appointments Available: 10am - 8pm, Wed- Sun

Closed: Mondays & Tuesdays

236 Georgia Street, Ste 101 | Vallejo, CA 94590

www.tuneupholisticcare.com

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Online Booking Not Available at This Time | By Appointment Only