

Client Treatment Menu

“Agape’ Therapeutic Massage”

Della Shelgren - massage therapist

Phone: 515 -278- 6007

Office Hours: M,W, F 9 - 5 pm

T, Th 1-5pm by appt only

Swedish Full Body Massage

___ ½ hour \$ 35.00

___ 1 hour \$ 50.00

___ 1 ½ hour \$ 75.00

___ 2 hour \$100.00

Deep Tissue Massage

___ 1 hour \$ 65.00

___ 1 ½ hour \$ 95.00

___ 2 hour \$125.00

Massage on the “Rocks”

___ 1 hour \$ 80.00

___ 1 ½ hour \$110.00

Reflexology Package \$75.00

___ includes Foot and Hand Massage,
& Paraffin wax treatment

OR-

Reflexology (Foot or Hand Work Only)

___ 1 hour \$65.00

___ add Paraffin Wax treatment &
hand massage \$10.00

___ add Hot Stones \$5.00

Pregnancy Massage

___ 1 hour \$ 60.00

Specialty Massage, Body Wraps, Lymphatic, ect.

___ 1 hour \$70.00

___ 1 ½ hour \$95.00

Chair Massage \$1.00 / Minute

___ 10-15 minute sessions Includes
head, neck, shoulders and back

Swedish Full Body Massage

Good for relaxation and stress reduction. This treatment uses various kinds of strokes, such as Petrissage, Effleurage, Friction and Stripping, facilitating increased circulation to flush toxins from the muscles and the body. Also induces a state of true relaxation, which quiets the mind and gives the spirit a rest.

Deep Tissue Massage

Addresses chronic problems in the body due to overuse of specific muscles and injuries. Involves strong pressure used on ‘trigger points’ and tendons to release contracted muscles and clear troubled areas. May involve some helpful stretches.

Massage on the “Rocks”

A traditional Swedish massage combined with hot/cold stones enhances your ability to relax and receive the benefits of this service. The warm stones release muscle and joint tension, creating a deeper state of relaxation. The cold stones eliminate toxins from body and increases circulation. Hot/Cold therapy goes beyond the physical benefits of a typical massage. It allows for a more balanced and centered state of well-being.

Reflexology

Reflexology is the art of massaging points on feet, hands and ears that correspond directly with the organs, glands and other systems in the body. This form of massage promotes overall balance and well-being and is great for people who carry stress internally.

Pregnancy Massage

Our exclusive custom designed table provides a mother-to-be with a relaxing way to receive a massage. Mom can comfortably relieve stress, joint pain, neck and back discomfort and edema.

SPECIALTY- Lymphatic Massage

A very gentle, rhythmic technique designed to increase the flow of lymph throughout the body in a non-invasive way. Manual Lymph Drainage causes body fluid to flow, removes waste products from Connective tissue, supports the defense of the lymph system and balances the nervous system, as well as relieves congestion. * This technique is intended to be used on persons in reasonably good emotional and physical health.

Chair Massage

Using a specially designed chair, clients comfortably sit while Therapist addresses chronic problems in the body due to overuse of specific muscles and injuries. Involves strong, focused pressure used on ‘trigger points’ and tendons to release contracted muscles and clear troubled areas. May involve some helpful stretches.

PLEASE CHECK THE SERVICES YOU WISH TO RECEIVE