# MASSAGE CLINIC SERVICES AT IBMC COLLEGE



## **EXTERN MASSAGE PRICES**

Externs are in the final 5-weeks of their Therapeutic Massage program.

### AVAILABLE TUESDAY - THURSDAY | HOURS VARY BY THERAPIST

| MASSAGE TYPE                               | 60-MIN | 90-MIN            |
|--|--------|-------------------|
| Swedish Therapeutic Massage                | \$35   | \$45              |
| IBMC Signature Swedish Massage             | \$40   | \$55              |
| Neuromuscular Deep Tissue Massage          | \$45   | \$55              |
| Foot Reflex Pressure Point Therapy         | \$35   | -                 |
| Shiatsu Facial Toning with Swedish Massage | -      | \$60              |
| Chakra Meditation Deep Tissue Therapy      | -      | \$70<br>(120-Min) |

# **GRADUATE MASSAGE PRICES**

IBMC graduates are licensed massage therapists with the state of Colorado.

### AVAILABLE MONDAY - SATURDAY | HOURS VARY BY THERAPIST

| MASSAGE TYPE                          | 30-MIN | 60-MIN | 90-MIN            |
|---------------------------------------|--------|--------|-------------------|
| Swedish Therapeutic Massage           | \$40   | \$55   | \$65              |
| IBMC Signature Swedish Massage        | -      | \$60   | \$75              |
| Neuromuscular Deep Tissue Massage     | \$45   | \$60   | \$75              |
| Foot Reflex Pressure Point Therapy    | \$40   | \$45   | -                 |
| Shiatsu Facial Toning Massage         | -      | -      | \$75              |
| Chakra Meditation Deep Tissue Therapy | ·      |        | \$70<br>(120-Min) |

<sup>&</sup>quot; - " Indicates pricing options not available for that massage type

# **SERVICE DESCRIPTIONS**

#### SWEDISH RELAXATION MASSAGE

One of the most popular massages that uses a light to moderate pressure, and long flowing strokes to enhance relaxation and help eliminate stress.

### **NEUROMUSCULAR DEEP TISSUE MASSAGE**

A Swedish massage that uses deeper pressure and more focused treatment to help relieve chronic pain. Deep tissue work uses a variet of range of motion and pressure point therapies to reduce scar tissue, increase circulation and improve injured areas.

#### **FOOT REFLEX PRESSURE POINT THERAPY**

Swedish massage for the feet the incorporates Reflexology pressure points. Reflex therapies improve organ health, increase overall circulation and relaxation throughout the body. 60-minute services includes hands, scalp, ears and a hot towel treatment on the feet.

#### SHIATSU FACIAL TONING WITH SWEDISH MASSAGE

A customized Swedish full body massage with added Shiatsu pressure point therapy to the face, neck, arms and scalp to stimulate collagen production, enhance bloodflow and promote facial toning. Includes a hot towel treatment with contrasting cold stone application.

#### CHAKRA MEDITATION DEEP TISSUE THERAPY (120 MINUTE SERVICE)

A combination of guided Chakra meditation balancing and deep tissue massage along the back and hips that also includes a signature Chakra aroma blend. This treatment is further enhanced by hand, foot and ear Reflex point therapy, a hot towels treatment for the feet and hot stone placement.

#### Please note:

Not all services are available at all times with all therapists.

! Tips are greatly appreciated.

# **EXTERN MASSAGE ENHANCEMENTS**

Added only to 60 or 90 minute services, includes additional charges and time.

| ENHANCEMENT TYPE         | MINUTES | PRICE |
|--------------------------|---------|-------|
| Signature Aroma Service  | -       | \$5   |
| Focused Area Cupping     | 15      | \$10  |
| Hot or Cold Stone        | 15      | \$10  |
| Focused Sugar/Salt Scrub | 15      | \$10  |

Chair Massage: \$1 per minute / 10 minute minimum (20 minute maximum)

#### IBMC SIGNATURE SERVICE AROMA THERAPY

A massage enhancement that includes a customized armoa blend, hot rice pack for the back and cold pack for the eyes.

#### **HOT OR COLD STONES**

A massage enhancement technique that gently incorporates using hot or cold stones throughout your massage to promote maximum relaxation and circulation

### SUGAR/SALT SCRUB

A massage enhancement with a customized, focused scrub using salt or sugar. This exfoliation treatment softens and removes dead skin cells and promotes circulation.

BOOK YOUR APPOINTMENT TODAY!

www.ibmc.edu
OR CALL 1-800-495-2669



Scan to get more info!