

MASSAGE SESSIONS

BUILT FOR COMFORT, NOT FOR SPEED®

MONDAY - THURSDAY:

60 MIN \$95 | 90 MIN \$142 | 120 MINS \$190

FRIDAY - SUNDAY:

60 MIN \$115 | 90 MIN \$172 | 120 MINS \$230

When was the last time someone gave you their undivided attention? The best experiences in life take time. Set aside your watch and immerse yourself in pure, indulgent relaxation. At our spa, we take bliss seriously. Prepare for a Swedish massage designed for complete tranquility, featuring our signature oil or gel customized to enhance your relaxation. Let us guide you to a state of ultimate serenity with our dedicated approach to your well-being.

KNOT YOUR AVERAGE MASSAGE®

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60 MIN \$95 | 90 MIN \$142 | 120 MINS \$190

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60 MIN \$115 | 90 MIN \$172 | 120 MINS \$230

Not sure which massage technique is right for you? Simply choose your preferred session length, and our skilled therapist will tailor the experience to your body's needs. Techniques may include deep tissue, Gua Sha, Myofascial, or Swedish massage. Sessions may also feature assisted stretching to enhance your range of motion. For added relaxation, our 90 and 120 minute massages include a soothing scalp massage.

SIGNATURE MESSAGES

MILLION DOLLAR RUB®

90 MIN \$200 | 120 MINS \$300

Work hard, play hard—it takes a toll. When your body needs targeted care, our licensed massage therapists combine multiple modalities, including Swedish, myofascial release, trigger point, and deep tissue techniques. This personalized approach helps restore your body to peak performance, leaving you refreshed and rejuvenated.

Our therapists specialize in addressing stubborn areas like shoulders, back, and hip flexors, which often suffer from prolonged sitting or intense training. Incorporating the latest relaxation techniques, including ASMR-inspired methods, we deliver a total body experience that leaves you feeling revitalized from head to toe.

Whether you're a performance athlete, weekend warrior, or desk-bound professional, discover what others have found to be a fountain of youth. A 15-minute consultation ensures we fully understand your lifestyle and health needs, including a physical assessment to tailor your session perfectly.



info@foxwellnessgroup.com



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GIMME BACK MY MOJO®

90 MIN \$200 | 120 MINS \$300

Once, you moved through life with playful ease—until kids, a career, and family obligations took over, leaving little time for you. When was the last time someone truly took care of you? We understand, and we're here to help.

Indulge in a customized *daycation* designed to melt away pain and stress, leaving you feeling pure bliss. Our licensed massage therapists specialize in relieving the aches caused by life's repetitive motions. Using a multidisciplinary approach that blends ASMR, Swedish, and myofascial techniques, we'll help restore your body and mind.

Mature skin deserves expert care, and our tailored bodywork helps flush toxins, boost confidence, and leave you refreshed—ready to take on a new day with renewed energy and vitality.

All 120-minute massages include the 10-minute No Knives 10-Minute Facelift Massage®

Prior to service, you can expect a detailed 15-minute discussion of how your body is keeping up with evolving demands and where you need our precise approach.

THE CLEAN SWEEP®

MONDAY - THURSDAY:

60 MIN \$115 | 90 MIN \$172 | 120 MINS \$230

FRIDAY - SUNDAY:

60 MIN \$135 | 90 MIN \$202 | 120 MINS \$270

Jumpstart your recovery! Feeling puffy? Whether it's due to overuse, hormones, aesthetic procedures, seasonal allergies, prolonged sitting, or travel, many of us experience inflammation. Let's help your body flush out the excess! Your lymphatic system, the body's natural waste removal system, can be revitalized through specialized techniques. These light, rhythmic movements mimic the system's natural pumping action, promoting the efficient elimination of toxins and waste.

Lymphatic Drainage Massage (LDM) is a gentle and highly effective technique designed to alleviate lymphatic congestion, enhance circulation, and reduce swelling and water retention. Its benefits extend far beyond immediate relief, supporting stress reduction, post-surgical recovery, improved skin clarity, and a strengthened immune system. This therapeutic approach has seen a surge in global popularity, often referred to as a "magical" solution for holistic wellness.

In many LDM sessions, dry brushing is incorporated beforehand to prepare the skin, stimulate circulation, and enhance the skin's ability to absorb the benefits of manual lymphatic work. Together, these techniques offer a comprehensive approach to detoxification and rejuvenation.

Lymphatic Drainage Massage (LDM) offers optimal results with consistent sessions, tailored to your specific health goals. Whether you're managing chronic pain or recovering from surgery, each treatment plan is uniquely designed to meet your needs. Using gentle, precise techniques, LDM supports the body's natural healing process, helping you feel your best as quickly as possible.

It's important to consult your physician to ensure LDM aligns with your health plan, as individual conditions may require different approaches.



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ADD-ONS

CBD OIL - \$20

This holistic approach relieves stress, calms the nervous system, alleviates pain, and is personally tailored to suit your individual needs.

FANCY FOOT AND HAND RUB - \$10

Refreshing tea tree oil aromatherapy and lemon balm salve combine to leave your hands and feet feeling pampered and rejuvenated.

DRY BRUSHING - \$25

Any of our massages can begin with dry brushing from head to toe. Dry brushing is an ancient practice with incredible health benefits, that when coupled with massage, will leave your skin feeling relaxed, invigorated, and silky smooth. Try dry brushing for full body exfoliation done before any massage. Supports lymphatic drainage, aids in detoxification, exfoliates, cleans pores, stimulates, and increases energy, all while preparing your skin for the moisturizing product used in the following massage.

PARAFFIN MITTS OR BOOTIES - \$10/EACH

Nothing chases chilly feet and hands away like delightful paraffin wax for your hands and feet.

SATIN HAIR BONNET - \$10/EACH

Preserve your hairdo but enjoy your head and neck massage.

SATIN EYE MASK - \$10/EACH

Enjoy your mini staycation and rest your eyes throughout your massage.

SERVICE TIMES

Service times include up to 10 minutes of prep time. Rates and services may vary by location. Additional local taxes and fees may apply. Fox Wellness Group is independently owned and operated.

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