



# ZA-ZEN

## *Massage and Foot Massage Spa*

### PRICE LIST

#### Reflexology (include 10mins foot steam spa, Free Electronic eyes massage)

Reflexology	40mins	\$ 25
Reflexology	70mins	\$45
Ionic foot detox only	30mins	\$30
Steaming Foot Spa only	30mins	\$20

#### Body Massage (Deep Tissue Massage/ Relaxation Free Hot Stone)

Neck and should and back	30mins	\$30
Whole Body	60mins	\$50
Whole Body	90mins	\$75

#### Aromatherapy (Essential Oil Massage)

Neck, shoulder and Back	30mins	\$40
Whole Body	60mins	\$60

#### Foot and Back Massage Package

Reflexology +Deep Tissue + Hot stone	70minutes	\$55
Reflexology +Deep Tissue + Hot stone	100 minutes	\$70
Cupping + Deep Tissue + Hot stone	15mins + 60mins	\$60

## **DEEP TISSUE MASSAGE**

Balance and nourish your entire body with this complete massage. It is designed to reduce tension, soothes sore muscles, increases circulation and induces deep relaxation. Find relief from chronic pain, tension and tightness caused by injury or overworked muscles. This therapeutic massage focuses on specific problem areas, with deep pressure applied during the massage. Your massage therapist will adjust the pressure to accommodate your comfort level. This service is beneficial for those with chronic muscle tension and pain. (30 Minutes \$30 / 60 Minutes \$50 / 90 minutes \$75)

## **SWEDISH MASSAGE**

De-stress and unwind during this full-body massage with light to medium pressure. This massage will soothe your body and mind, transporting you to a tranquil state of relaxation. This traditional style European body massage promotes relaxation, stimulates circulation and relieves tension. (30 Minutes \$30 / 60 Minutes \$50 / 90 minutes \$75)

## **HOT STONE THERAPY**

This thermal stone massage was used for healing purposes in ancient times. Hot and cold stones are placed on the stress areas of the body releasing tension and toxins as you relax into serenely altered state of mind. Combined with massage pressure points, herbs and essential oils, hot stone is truly a unique experience. The healing power of heat is combined with traditional massage techniques. Tension melts away as warm stones are used over the entire body, radiating deep into tight muscles and bringing your body into a state of deep relaxation.

## **REFLEXOLOGY AND FOOT STEAM SPA , IONIC DETOX FOOT**

### **REFLEXOLOGY**

Treat your feet to the ancient art of relaxation. By manipulating pressure and energy points, your therapist can stimulate the entire body, improving energy flow and circulation while promoting relaxation. Includes a bubbling foot soak and soothing aromatherapy lotions ,

Through Reflexology the feet are washed and massaged with the aim to improve blood flow and rejuvenate the body. Foot rubs, as they are called, provide the client with the opportunity to sit back in a very comfortable chair while the therapist works magic on the feet and the lower part of the legs. We recommend that you wear loose-fitting clothes around your lower leg area.

During the foot bath, if the client desires, we will provide free herb or Dead Sea salt soak. These will moisturize the skin making it smoother and glowing, promote relaxation, and strengthen the bones.

### **FOOT STEAM**

We recommend that you wear loose-fitting clothes around your lower leg area.

Foot Steam is performed by placing the legs in a basket, and covering them with a towel. Steam is artificially generated at the soles of our feet and penetrates the pores of our feet and legs to enhance blood circulation. Herbs and other medicinal are also used in the process. Steam with herbs acts to strengthen the physique, eliminate fatigue, and helps to cure such ailments as rheumatism, bruises, headaches and colds.

## **IONIC DETOX FOOT SPA**

The Ionic Cleanse Detox Machine is a high-tech water detoxification system that facilitates the body's ability to heal itself. The Ionic Cleanse Detox Machine is a water foot-bath that utilizes steel electrodes, which cleans, balances, and enhances bio-energy, a vital force present in the body's fluids. The action of the machine is to help your body with:

Less fluid retention Reduction

reduction of inflammation

Improved memory

Improved bladder control.

A more balanced pH

A stronger immune system

Significant pain relief, inclusive of, but not limited to arthritis, gout, and headaches

Reflexology teaches us that each foot is actually an outlet through which the body attempts to cleanse or rid itself of heavy metal and toxic waste built up in numerous other areas of the body

While using the Ionic Cleanse Detox Machine, you will actually see the cleansing process as the water interacts with a compound electric current along with a frequency field structure. Subsequently, this cleansing process attains the correct frequency required to restore cells to a healthy state, while releasing years of bonded waste.

it is important to realize that the Ionic Cleanse Detox Machine enhances the effects of other therapies.

## **Cupping**

Cupping utilizes suction cups that are placed on various parts of the body creating negative pressure. The warmth and humanity of Cupping facilitates the removal of pathogenic toxins as well as factors such as wind, cold, dampness, and heat, thereby facilitating the flow of blood and energy throughout the body.

15 mins \$10

