Spa Services

Mini Facial Add-On to any Service with Dawn 35 min \$45

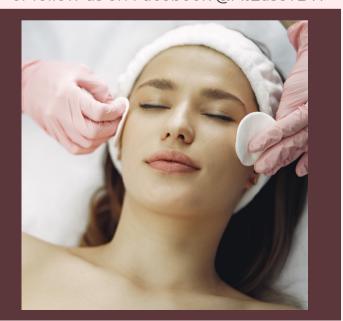
> Deep Cleansing Facial with Dawn 75 min \$80

Full Body Sugar Scrub 90 min \$120

Full Body Salt Scrub 90 min \$120

Detox Seaweed Wrap 120 min \$150

For complete descriptions please visit NavyMWRMayport.com/massage or follow us on Facebook @AtEaseTBW



SPECIALS & ENHANCEMENTS

Stay Golden Senior Massage Senior Relaxation Massage. 90 min \$80

Mama's To Be Massage & Facial
Prenatal Massage and Cleansing
Facial with Dawn
95 min \$105

Kinesio Sports Taping
15 min \$15

All About The Feet 30 min \$45

Neck & Scalp Massage 15 min \$25 See Our Monthly Specials online

SPA FUNDAYS

SUNDAYS & MONDAYS ONLY

Deep Cleansing Facial 75 min \$70

Back Facial 60 min \$55

Full Body Detox Mask with Massage 90 min \$120

Body Sugar Scrub with Massage 90 min \$95

Body Salt Scrub with Massage 90 min \$95



AT EASE THERAPEUTIC BODYWORKS

MWR Fitness Center Building 1391 Naval Station Mayport 904-270-5417

MA76903 MA46798

For A Complete List Of Services Please Visit NavyMWRMayport.com/massage



Specialty Services with Dawn

Swe-Thai Massage (Table-top Thai) 90 min \$125

Cranial Sacral Therapy with Energy Work 60 min \$75

Gua Sha Treatments (Traditional Chinese Medicine version of IASTM) 60 min \$70

Acupressure Cupping Therapy
60 min \$90

Watsu (Aquatic Shiatsu Massage) 45 min \$75

Certified Life, Business and Health
Coaching
60 min \$50

Body Treatments

Therapeutic Massage

(Firm-Deep Pressure)

Assess multiple layers of muscle and fascia to improve alignment, reduce levels of resting tension, and create more efficient postural and movement patterns.

120 min \$130 90 min \$90 60 min \$70 30 min \$50

Relaxation Massage

(Light to Medium Pressure)
Designed to invigorate the body by
stimulating the circulation, and
promote relaxation.

120 min \$110 90 min \$85 60 min \$65 30 min (Site Specific) \$45

Prenatal Massage

Supports the physiologic, structural, and emotional well-being of both mother and fetus..

120 min \$110 90 min \$85 60 min \$65 30 min (Site Specific) \$45

Basalt Hot Stone Massage Uses heated smooth stones to relax the muscles.

120 min \$135 90 min \$110 60 min \$85



Medical Massage

Oncology Massage

Uses light effleurage through clothing for comfort during a patients most difficult time of need. Includes hand and foot massage as tolerable to client's abilities in conjunction of their medical conditions.

30 min \$50

Lymphatic Drainage Massage

Reduces fluid buildup and swelling postsurgery around the surgical site.
Uses slow gentle rhythmic pressure moving lymph toward the major lymphatic node drainage areas (which are neck, armpits,

abdomen and inner thigh.)

120 min \$155 90 min \$120 60 min \$80