

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



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 post-surgery 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

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