

Massage at Stella's Salon

By Appointment
1st & 3rd Fridays
of the Month

To schedule your appointment
call (or text)

641-224-2577

Gini Garrett, LMT
IA License #002244

Stella's Salon, 1211 Ave. E, Oskaloosa

More information at
www.ginigarrett.com/massage-at-stellas-salon

Menu of Services:

Relaxing Swedish Massage

60 minutes... \$65

Relax for an hour with a Swedish massage. Almond-scented massage cream is used for a soothing massage. Session may be customized to focus on areas needing more attention such as back, or neck and shoulders.

Add on a 30-minute foot massage session for a 90-minute session... \$90

AromaDrop Massage

60 minutes... \$70

Experience the benefits of an aromatherapy massage using a compliment of essential oils to help relieve stress, reduce pain, calm the mind, and allow the body to deeply relax.

Shiatsu Massage

60 minutes... \$60

For those who prefer a deeper pressure, relax for an hour with a Shiatsu or "finger pressure" massage, which addresses with focused touch the acupressure points along the meridians that flow throughout the body.

Add on a 30-minute foot massage session for a 90-minute session... \$85

Zero Balancing® (ZB)

Allow 50 - 60 minutes per session ... \$60

Live life in Balance. Zero Balancing (ZB) is a subtle yet powerful technique for releasing tension in the body through a series of gentle stretches and finger pressure (fulcrums). ZB focuses on the whole person, even when addressing specific needs. ZB creates a point of stillness where the mind quiets, the energy fields organize and internal reorientation occurs.

CranioSacral Therapy (CST)

60 minutes... \$60

Experience the healing power of the light touch of CST, a non-invasive therapy using a protocol to assess, modify and correct restrictions in the CranioSacral system to improve wellness and enhance the body's self-correcting and regulating mechanisms.

Body "Reset"

60 minutes... \$60

Experience a Body "Reset" session - integration of bodywork and energy-work techniques to relax and "reset" the mind and body. Deeply relaxing, the session includes releasing tension held in the rib cage and low back.

To experience this session, one should be comfortable lying face up on the table and wear comfortable, loose fitting clothes.

Reiki

60 minutes... \$60

Reiki is an energy therapy technique of Japanese origin used for relaxation, stress reduction and healing. The practitioner's hands are in contact with or held close to your body to channel Universal energy resulting in feeling grounded and centered.

ADD-ONS:

Foot Massage/Reflexology

Bare your soles! When your feet feel good, YOU feel good!

Combine with a Shiatsu back massage, Zero Balancing, CranioSacral Therapy or Reiki for a 60-minute session... \$60

May be combined with a Swedish back massage for a 60-minute session... \$65

Cupping Therapy

Cupping therapy uses various vacuum cups to create negative pressure to increase blood flow to skin and muscles, release rigid soft tissues, lift connective tissue and loosen adhesions.

Cupping therapy may be used within a massage or as an add-on to a session. Add-on... \$1/minute

Customized Sessions

Not sure what you would like for your session? Please ask about customizing a session to suit your individual needs. Many techniques can be combined for a 60- or 90-minute session.