



Rejuvenating Holistic Massage & Advanced Bodywork

Thank you for reading my "ala Carte" menu!

My mission is to provide a naturally free flowing state of well-being to all my clients by offering focused massage techniques and alternate modalities that create therapeutic movement throughout the physical as well as energetic body.

"Massage is a joyful, calming experience for me and I enjoy the healing process it encourages."

- Robin Pliskin

Swedish Massage - A truly soothing transformation for the body and mind

Swedish Massage is most effective for relaxing the body, improving circulation and restoring emotional balance. Leaves your body wonderfully revitalized.

30 minute - \$40.00 / 60 minute - \$70.00 / 90 minute - \$105.00

Deep Tissue Massage - Release chronic discomfort & pain

A combination of acupressure and therapeutic deep pressure, this more intense massage therapy targets specific muscle groups, melting away chronic aches and tension, increasing flexibility and stimulating the natural healing process.

30 minute - \$45.00 / 45 minute - \$65.00 / 60minute - \$85.00 / 90 minute - \$130.00

Sports Massage - Bring out the peak performance in you

Increase and maintain range of motion and muscle balance with this enhancing massage that helps prevent injury and alleviate pain. Compression and cross-fiber massage techniques plus facilitated stretching target areas overused during athletic activities.

30 minute - \$45.00 / 60 minute - \$80.00

Robin's Massage Sampler - Tune into your natural healing potential

Indulge in a combination of deep tissue, pressure point, & reflexology massage techniques as well as, lymphatic, & polarity energy therapies to create a truly individualized experience.

90 minute - \$135.00

Reflexology Revitalizer – Whole body stimulation from reflex zones of your feet

To prepare your feet for the revitalizing foot reflexology we start with a deep cleansing foot scrub using a blend of natural herbs and oils leaving your feet luxuriously soft. Then, a full 40 minutes of reflexology followed by a rich balm massaged into your feet, ankles and calves. To finish, your hands receive a deliciously rich shea butter massage.

60 minute - \$75.00

Fantastic Foot Reflexology – A “must try” experience!

Your session starts with a soothing and detoxifying foot soak, followed by a special foot massage using focused reflexology leaving you feeling remarkably relaxed as it stimulates your body to a healthier state of balance and sense of well-being. Finishing with a luxurious foot balm massaged into your feet, ankles, and calves - **PLUS** a shea butter hand massage.

40 minute - \$50.00

Reflexology is the practice of strategically applying pressure to areas of the feet and hands that correspond with specific body organs and body systems. It stimulates the body's ability to rejuvenate and heal itself by improving circulation, reducing stress and eliminating toxins.

Note: Come to your session wearing loose comfortable unrestricting clothing as only your shoes and socks will be removed.

Massage for Oncology – Enhance healing, calm symptoms

Encourages relaxation and relieves discomforts through loving, caring touch. Oncology Massage actually assists your body and spirit in their pursuit of restoring you to health.

60 minute - \$60.00

Heated Stone Massage – Deeply soothing...

A luxurious and relaxing massage combined with deep heat therapy. Smooth, polished stones are heated and incorporated into a massage that relieves stress & loosens muscles.

90 minute - \$135.00

Cocoa Butter Massage - This is a real treat!

A luscious massage using homemade cocoa butter massage bar to warm, relax and soothe plus a Champagne & Rose Shea Butter Hand & Foot wrap to soften and revive.

60 minutes \$85.00

Passion Fruit Massage - You will be relaxed, refreshed, and renewed

Relaxing massage featuring luxurious Passion Fruit Oil and Body Butter, drenching your skin in nourishing moisture. The passion fruit oil is a rich source of linoleic acids and Omega 6, which hydrates and nourishes the skin leaving it soft and silky.

60 minute - \$75.00

Tranquil Breeze Massage - Bring a little vacation into your day

Soothing aromatherapy massage to stimulate circulation, soothe skin & calm nerves with Robin's specially blended skin toning massage lotion that leaves your skin luxuriously soft and renews your sense of well-being.

60 minute - \$75.00

Tranquil Breeze Body Scrub - Encourages vitality & a healthy fresh glow

Let your cares wash away as your skin is nurtured with this invigorating, exfoliating and detoxifying body scrub. Robin's specially blended Tranquil Breeze Scrub includes essential oils chosen for their ability to stimulate circulation and for the firming ability they possess.

50 minute - \$65.00 / Tranquil Breeze Massage & Body Scrub Pkg. 100 minute - \$145.00

Southwest Body Scrub - Give your skin the gift of glowing radiance

Nurture your skin with this invigorating body scrub using blue cornmeal, herbs and flower petals to enhance vitality and make your skin look more youthful like the Hopi Native Americans have done for many years. Your skin will be remarkably soft!

60 minute - \$75.00 / Pairs nicely with Passion Fruit Massage!

Herbal Body Wrap - Indulge your body with nutrients - release impurities

An infusion of several organic herbs are applied with a wrap around your body and warmed with a blanket that helps the herbs draw out impurities while your head and feet are massaged. Finally, a light body moisturizer is applied, leaving the skin soft and revitalized.

60 minute - \$80.00 / Pairs nicely with Swedish Massage!

Lavendar Seaweed Body Wrap - boost metabolism & enhance skin health

The treatment involves a body application of seaweed and aloe vera in a wrap that is rich in vitamins and amino acids. Seaweed wraps detoxify the body.. Lavender oil is a natural antiseptic with antifungal properties and has a calming scent.

NOTE: If you have eczema, psoriasis, any acute skin conditions, high blood pressure, diabetes, anxiety concerns and those suffering sensation loss should not receive body wraps.

50 minute - \$65.00

Package Ensembles

Body Toning Package ~ Liberate Your Skin!

A complete body, mind and energy refresher - Your session starts with an exfoliating Southwest Body Scrub. Nurture your skin with this invigorating body scrub using blue cornmeal, herbs and flower petals to enhance vitality – leaving your skin silky soft and feeling fresh.

Your session continues with a soothing Swedish Massage for deep penetrating hydration and relaxation. Let your thoughts and concerns be carried away as your scalp and neck are thoroughly massaged.

To finish, your feet will be nurtured with a 30 minute Foot Revitalizing treatment of Grapefruit/Sea Salt Scrub & deeply relaxing and hydrating Shea Butter Foot Massage. This ensemble unravels stress, nurtures your spirit, and leaves you refreshed and renewed. Please allow 2.5 hours.

150 minute – \$175.00

Tranquil Breezes Package ~ A vacation-like experience!

A toning and refreshing Tranquil Breeze Body Scrub followed by a rejuvenating Tranquil Breeze Massage. This package uses Robin's specially blended Tranquil Breeze Body Scrub and Toning Massage Lotion – a blend that includes essential oils chosen for their ability to increase and stimulate circulation and for the firming ability they possess.

Let your cares wash away as your skin is nurtured with an invigorating, exfoliating and detoxifying 60 minute body scrub followed by a 60 minute Tranquil Breezed Swedish massage. This rejuvenating treatment encourages vitality and renews your skin, providing a healthy fresh glow. You're left feeling relaxed, refreshed and ready to experience this season with that deliciously wonderful sense of feeling great in your body!

120 minute – \$145.00

Lavender Seaweed Body Wrap & Passion Fruit Massage ~ A Cleansing Spa Treatment.

A deeply relaxing Lavender Seaweed Body Wrap designed to boost metabolism and enhance skin health. As skin constantly works to eliminate toxins, this wrap is very beneficial with cleansing the system of impurities. During the rest period of the wrap your Face and Scalp massage will receive a soothing massage treatment.

A Passion Fruit Swedish massage follows the Lavender Seaweed Body Wrap and creates a very relaxing combination featuring luxurious Passion Fruit Oil plus Passion Fruit Body Butter, drenching your skin in nourishing moisture. 2 hours of Health Enriching Bliss!

120 minute – \$140.00

Please Note: If you have any acute skin conditions, high blood pressure, diabetes, anxiety concerns and those suffering sensation loss should not receive body wraps.

Enhancing Add-Ons

Aromatherapy Steam

Steam rising from a rock filled bowl deliver essential oils to enhance your massage experience. Lavendar: Relaxation and Emotional Balance Bergamot: Uplifting and Stress Relief Eucalyptus: Decongestant and Stimulating Ginger: Relieves Mental Fatigue and Nervous Exhaustion

30 minute - \$5.00

Foot Reflexology

Give your feet an extra treat of 15 minutes focused reflexology. Stimulate and encourage health in your whole body through the reflex zones of your feet.

15 minute - \$15.00

Facilitated Stretching

Increase your mobility where needed. Enhance your massage experience with an additional 15 minutes of focused stretching. A safe and easy-to-use method that involves stretching the muscle, contracting it isometrically against resistance, then stretching it again to a new range of motion.

15 minute - \$15.00

Gentle Herbal Facial

This deeply relaxing herbal facial cleanses, nourishes, and hydrates your skin using all natural ingredients, freshly blended on the day of your appointment. It is offered only as an add-on item and is a fantastic addition to a massage or foot reflexology session. You will definitely notice how soft and nourished the herbs leave your skin!

40 minute - \$47.00

Nourishing Hand or Foot Wrap

Add this nourishing hand or foot wrap to your massage experience. Leaves skin hydrated and silky soft. Sea mud masque is amply applied and then your hands or feet are gently wrapped and warmed. This perfect masque is a blend of sea mud and clays, sea algae, Shea butter, and avocado oil whipped into a light texture. To sooth aches associated with over-worked hands and feet, arnica is in the blend for extra relief.

15 – 20 minute - \$18.00

Complimentary with most treatments

- Hot Towel Treatment on Back
- Hot Towelettes on Feet
- Luscious Shea Butter or Peppermint Cream on Shoulders/Arms/Hands
- Stress Relief Foot Cream
- Lightly Moisturizing Face Cream

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A \$25.00 service fee is charged for cancellations or no-shows without 24 hour notice.