



101 Jackson Walk Plaza, Jackson, TN 38301  
731.427.7048 [www.liftjackson.com](http://www.liftjackson.com)

### Essential Oil Fragrances:

**Eucalyptus:** A stimulating, anti-inflammatory, decongestant, good for skin infections and muscle/joint pain.

**Lavender:** Calming effect, good for the joints, migraines, insomnia, acne and other skin inflammations.

**Jasmine:** Pleasing, uplifting, fights depression, anxiety, stress, good for cough, cold congestion, muscle pain and skin.

**Sweet Orange:** Anti-inflammatory, relaxes muscular and nervous spasms, anti-depressant-mood lifter.

**Lemon Grass:** Lemon like fragrance, good for muscles, joints, headaches, anti-depression

**Rose Wood:** Floral and sweet natural deodorant, rejuvenates skin, keeps away mosquitoes, good for headaches, muscle/joint pain, cold influenza

**Juniper:** Floral and fresh, good for muscle/joint pain, bronchitis and cold.

**Peppermint:** Refreshing, good for nausea, headaches, helps calm anxiety and restlessness, cooling-fever reducer

# Therapeutic & Relaxation

## Massage Menu



*Call to schedule  
your massage today!*



## **Salt Glow** (60 min duration)

**\$95 member rate / \$100 non-member rate**

Sea salt rich in trace minerals is mixed with warm massage oil to exfoliate the top layers of dead skin from the whole body (except for the face). It leaves your skin moist, glowing, and satin-smooth. Choose any essential oil fragrance.

## **Hot Stone** (add to any massage duration)

**\$20 member rate / \$25 non-member rate**

Application of water heated stones to key points of the body warming and relaxing the muscles. The warmth of heated stones improves the circulation and calms the nervous system.

## **Deep Tissue** (add to any massage duration)

**\$15 member and non-member rate**

Therapeutic massage focusing on deeper layers of muscle tissue. Aims to release muscle tension in the body through slower strokes and more direct deep pressure or friction.

## **Face, Scalp, Neck, & Shoulders**

A truly blissful experience combining massage and gentle acupressure. Releasing all your mental and physical stress with this extremely calming, balancing, and deeply relaxing massage treatment.

## **Mommy To Be** (60 min duration)

**\$70 member rate / \$75 non-member rate**

A definite must for all moms to be. Assisting you during one of life's most exciting yet physically demanding processes. Feel a deep sense of nurturing while we address back strain, tired legs, and swelling ankles.

## **Reflexology**

Reflexology is a foot massage that helps to relax the entire body. The foot is seen as a mini-map of the body, connecting reflex points for organs, glands, and all other parts. It promotes relaxation, reduces stress, improves circulation, detoxifies, and revitalizes the body, improves mental function, stimulates emotional release and relieves pain.

## **Medical Massage** (add to any massage duration)

**\$15 member and non-member rate**

Medical Massage is result oriented and the treatment is specifically directed to resolve conditions that have been diagnosed previously. We may use a variety of modalities or procedures during the treatment, but will focus the Medical Massage treatment only on the areas of the body related to the diagnosis.

Medical Massage is useful in addressing conditions such as: Sciatica, Piriformis Syndrome, Rotator Cuff Injuries, Migraines/Headaches, Range of Motion Issues, Fibromyalgia, Back and Neck Pain, and Sports Injuries.

## **Massage Rates:**

<b>Duration</b>	<b>Member</b>	<b>Non-Member</b>
15 minutes	\$18.00	\$25.00
30 minutes	\$35.00	\$40.00
45 minutes	\$45.00	\$50.00
60 minutes	\$59.50	\$65.00
90 minutes	\$84.00	\$90.00

*Salt Glow can be added to any massage:  
Choose upper or lower extremities.*

**+\$25 member rate / +\$30 non-member rate**