



Tranquil Touch Therapeutic Massage

Now available by appointment only
at Triangle Fitness Center.

Swedish Massage

Half Hour \$35 Hour \$60

Experience relaxation at its best. Slip away while we use long, smooth, and gliding strokes with gentle, firm kneading techniques.

Aromatherapy Massage

Half Hour \$40 Hour \$65

Relax the senses with special aromablends to let your mind and body escape the day to day stresses.

Deep Tissue Massage

Half Hour \$45 Hour \$70

Deep, invigorating strokes that concentrate on specific areas of muscle tension and soreness due to strain or overwork.

La Stone Original Body Therapy

Hour \$75 Hour & a Half \$95

Experience a deeper state of relaxation like no other. This treatment uses hot basalt, lava stones and cold sardonyx stones which glide over tense muscles and gently melts away stress.

Reflexology

Half Hour \$35 Hour \$60

Zone therapy with pressure point massage to the feet bringing the body back into balance.

You
owe it
to yourself!

Get away and enjoy
the comforts of a
peaceful and relaxing
moment to yourself
in a private setting.

For more
information or
to schedule your
appointment, call
228.348-6698.