

## Zen Zone Swedish Massage

60 minutes: \$55; 80 minutes: \$85

Relieves muscle tension, stimulates circulation, increases serotonin levels, improves muscle tone and promotes total mind and body relaxation.



Swedish massage helps maintain muscles in an optimum state of nutrition, vitality and flexibility by relieving any muscle tightness and stiffness that restricts full movement. The techniques used in Swedish massage are designed to have a relaxing effect. It is a rhythmic and fairly superficial style and while the muscles are not worked too vigorously, great benefits to the body can still be felt. Swedish massage can relieve fatigue, reduce tension, calm the nervous system and promote relaxation to give you a sense of renewed energy.