

# TOUCH BY THE ANGEL

MASSAGE THERAPY

## West Palm Beach Studio

**From \$60**

Microtreatments are area-focused 30-min massages that provide a quick reset for the body. The treatment is specific and addresses pain, trigger point, knots, adhesions, and ROM.

**Treatment Areas:**

Head, Neck, and Shoulder  
Full Back and Shoulder  
Low Back, Glutes, and Legs  
Shin, Calf, and Feet

### MICROTREATMENTS



Pressure: Varies



Pain: Varies



Participation: Varies

**From \$125**

Swedish Massage is the gentle hug you didn't know you needed. This hypnotic treatment employs long, light, and slow strokes targeting the more superficial muscles of the body. This treatment is the most relaxing, and guaranteed to send you off to La La Land.

**\*\*For medium to deep pressure, book a Deep Tissue Massage\*\***

### SWEDISH MASSAGE



Pressure: 1/5



Pain: 0/5



Participation: 0/5

### DEEP TISSUE MASSAGE



Pressure: 4/5



Pain: Varies



Participation: 2/5

**From \$125**

Our Deep Tissue Massage is the tight squeeze your body has been asking for. This treatment applies focused, increasing, medium to deep pressure and deliberate strokes to the deeper layers of muscle and tissues of the body, to alleviate muscle tension, release trigger points, chronic pain, and limited range of motion.



## SPORTS PREP/RECOVERY MASSAGE



Pressure: 3/5



Pain: Varies



Participation: 3/5

### From \$125

Sore from yesterday's workout? Tight muscles screaming for a timeout? Sports massage is here to turn the volume down on discomfort and amp up the recovery. Sports massage is like a tune-up for your body's engine, keeping everything running smoothly. It's the **secret weapon athletes swear by for preventing injuries and boosting performance**. So, whether you're a weekend warrior, a gym enthusiast, or just someone trying to outrun the demands of everyday life, sports massage is your ticket to muscle paradise.

### From \$185

Sports massage isn't just relaxation; it's a victory lap for your body. **This sports massage takes your recovery to the max.** It's a sport-specific treatment using a combination of techniques and tools to release lactic acids from the muscles, untie fascial adhesions, increase ROM and energize and revitalize the body. It's a mental reset after months of training and preparation for your big game. So, whether you're a runner, wrestler, baller or dancer feeling the strain, sports massage is your personalized recovery playbook for a winning body performance!



## THE WINNER'S CIRCLE: SIGNATURE SPORTS MASSAGE



Pressure: 4/5



Pain: Varies



Participation: 4/5



## BODY TEMPERING



Pressure: Varies



Pain: 3/5



Participation: 2/5

Experience the transformative power of Body Tempering, a cutting-edge technique developed by renowned expert Donnie Thompson. **This innovative therapy combines deep tissue massage and myofascial release with specialized weighted tools.** Our skilled therapists strategically apply these tools to target specific muscle groups, releasing deep-seated tension and improving circulation. Ideal for athletes and those with physically demanding lifestyles, Body Tempering optimizes performance, prevents injuries, and accelerates recovery, provides relief from chronic pain, reduces muscle soreness, and promotes relaxation.

**From \$125**

Prenatal massage is the **VIP treatment your baby bump** has been secretly craving, focusing on all the areas that deserve a little extra love and attention. Say goodbye to those backaches, bid adieu to swollen feet, and let's not even mention the stress. Studies say that prenatal massage can have your baby doing the happy dance in utero too! It's not just a massage; it's a celebration of the incredible journey you're on.

## PRENATAL MASSAGE



Pressure: Varies



Pain: 0/5



Participation: 1/5

## POST-NATAL MASSAGE

**\$200**

Our Post-Natal Recovery massage is a thoughtful blend of techniques including Manual Lymphatic Drainage, with **special focus on the abdominal, low back, and hip area to promote rapid recovery of the muscles, tissue and postural structures affected by childbirth.** This is a moment for you; to rest, restore and rejuvenate your mind, spirit, and body from head to sole.



Pressure: Varies



Pain: 0/5



Participation: 1/5

**\$140**

Neuromuscular therapy is an advanced, comprehensive full body treatment that pin-points pain and traces/treats it back to the root source, by following the neurological referral pain patterns associated. For those that enjoy massages that hurts so good, this one is for you.

## NEUROMUSCULAR TRIGGER POINT



Pressure: 3/5



Pain: Varies



Participation: 0/5



# MYOFASCIAL RELEASE

From \$100

Myofascial release massage is a masterful and magical technique that wonders on your body's connective tissue, fascia; an intricate web surrounding every muscle, organ, and joint structure in your body. Myofascial release **unlocks restrictions, relieves chronic pain, hydrates tissues, and promotes fluid, pain-free movement along the body's anatomical lines of pull.** This session is performed dry, without lubricant and requires active participation during some of the treatment.



Pressure: 4/5



Pain: 3/5



Participation: 3/5

From \$125

Foot reflexology is **the ultimate sole-soothing escapade!** This ancient practice taps into the body's reflex zones, mapping internal organs and systems to specific points on your feet. As pressure is applied, nerve pathways stimulate corresponding areas, promoting balance and harmony. It's like a neurological roadmap to relaxation, with each massage stroke influencing the body's natural healing processes.

# FOOT REFLEXOLOGY



Pressure: Varies



Pain: 1/5



Participation: 3/5

# ADVANCED AROMA THERAPY

\$160 for 75 minutes

This session is the ultimate aromatic adventure for your senses! Picture this: a massage that not only kneads out the stress but also treats your nose to a bouquet of relaxation. Essential oils are like tiny wizards, casting spells of calmness. It's not just a massage; **it's a restorative fragrant journey** where lavender, eucalyptus, herb and and citrus oils turn your stress into a scented memory. Inhale, exhale, and let the aromatic magic begin!



Pressure: Varies



Pain: 0/5



Participation: 0/5

**From \$145**

The Thai Contemporary Massage incorporates ancient wisdom with Modern techniques. Our Therapists will skillfully apply **a combination of rhythmic pressure and gentle yoga stretches to enhance flexibility, lubricate dry fascia, and release tension.** This treatment is performed clothed, on a floor mattress for maximum extension and freedom of movement. Using a blend of tradition and innovation, the Thai Contemporary Massage will send you on a journey of tranquility like no other.

## THE THAI CONTEMPORARY MASSAGE



Pressure: 3/5



Pain: 1/5



Participation: 3/5

## TRADITIONAL MANUAL LYMPHATIC DRAINAGE



Pressure: 4/5



Pain: Varies



Participation: 2/5

**From \$150**

Our manual lymphatic massage is a gentle technique that will **promote lymph flow and aid the body's natural detoxification process.** It will stimulate lymphatic vessels, reduce swelling, improve circulation, and boost the immune system with the application of light pressure and rhythmic movements. It is often used to manage lymphedema but will enhance overall wellness and relaxation.

**From \$200**

**For Aesthetics/Sculpting (NOT POST OP)**

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## CONTEMPORARY MANUAL LYMPHATIC DRAINAGE



Pressure: 4/5



Pain: Varies



Participation: 2/5

***After the surgeons work is done, your road to recovery has just begun.***

Post cosmetic surgery massage and care play a critical role in your recovery journey. After a cosmetic procedure, your body needs some extra TLC to heal properly. Post-op care is a specialized collection of technique that reduce swelling, improve circulation, and promote tissue repair, break down scar tissue and alleviate discomfort. Alongside massage, proper care is crucial. This includes following your surgeon's instructions, maintaining good hygiene, wearing compression garments if recommended, and adopting a healthy lifestyle to support healing.

## COMPLETE POST-OP CARE

# SEASONAL SPECIALS

## MY FIRST SPORTS MASSAGE

SEASONAL REFRESH

*By Simone Lee*

**+COMPLIMENTARY**

COLD PLUNGE

INFRARED SAUNA



## UNTHAI ME

SEASONAL SPECIALS

*By Janine Crowd*

**FULL BODY THAI MASSAGE**



+ SELF CARE GUIDE



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