



HEALING MOUNTAIN MASSAGE SCHOOL is the only school in the western United States that teaches its students both massage & spa treatments, and allows them to practice and strengthen their massage & spa skills in a live day spa at half the going rate.

Our spa treatments have a modern take on centuries old techniques, some of which have been handed down from ancient Greece to the Romans who spread their knowledge & skills of hydrotherapy throughout Europe.

It is the students & our pleasure to provide a total retreat for your senses. We offer services designed specifically to refresh body, mind & spirit. Our trained staff will assist you in your choice of services geared for health & wellness.

Please, share the news about the best kept secret in UTAH. Tell your friends, family & coworkers about:
Paradise@1/2 the Price!

NORTHERN UTAH CAMPUS:

363 South 500 East, #210, SLC • 801-355-6300, ext. 1

SOUTHERN UTAH CAMPUS:

297 No. Cove Drive, CEDAR CITY • 435-586-8222

We accept: VISA • MC • AMEX • DISC
www.healingmountain.edu
www.healingmountainspa.com

Student Rate • 50 min \$30 • 80 min \$45 • 110 min \$60
Advanced Student • 50 min \$35 • 80 min \$52 • 110 min \$70
L.M.T.* • 50 min \$40 • 80 min \$63 • 110 min \$80

RELAXING SWEDISH MASSAGE—

The session will help you relax and unwind as we use soothing strokes to allow tension to drift away while improving circulation & breathing.

DEEP MUSCULAR MASSAGE—

A firm yet gentle technique that targets deeper tissues to focus on tight knotted areas caused from active lifestyles, injuries and poor postural habits.

•+\$10 for 50 min •+\$15 for 80 min •+\$20 for 110 min

JAPANESE FULL BODY SHIATSU—

Ancient Japanese massage using pressure & strokes to oriental acupoints located all over the body. Promotes relaxation & the free flow of “CHI” for self-healing.

Available with Advanced Students & LMT's only.

CRANIOSACRAL THERAPY—

This energetic technique uses gentle pressure to specific areas on the skull and sacrum to ease tension & restrictions all over the body.

Available with Advanced Students & LMT's only.

LYMPH OR PRENATAL MASSAGE—

Both massage sessions are soothing treatments that effectively address the needs of draining excess fluids or strengthening immunity as they relax achy muscles.

REFLEXOLOGY—

This ancient healing modality offers deep relaxation. Includes hot towel foot wrap and massage on the hands and feet, along with our signature hydrating mint lotion.

• 20-25 min \$25 w/ student • \$30 w/ LMT

Student Rate • 70 min \$40 • 100 min \$60
Advanced Student • 70 min \$47 • 100 min \$70
Licensed Massage Therapist • 70 min \$60 • 100 min \$80

HOT STONE SWEDISH MASSAGE—

We incorporate smooth heated dark basalt stones into our swedish massage session. Combining deep heat & massage, relaxes stubbornly tight muscles and breaks up knots to relax pain, numbness and stiffness.

COUPLE'S MASSAGE— (excludes deep pressure)

Massage session of your choice is received in the same treatment room side by side with that special somebody. Unwind, relax and rejuvenate together.

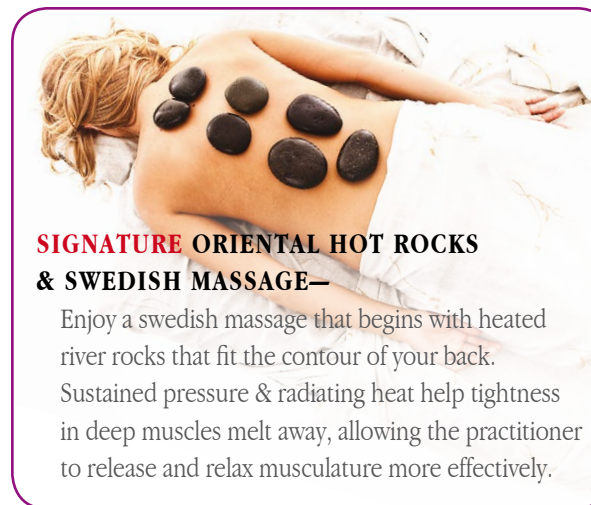
Priced per individual massage per practitioner.

THAI YOGA MASSAGE— (not for severe back issues)

Performed on a mat and involves rhythmic compression pressure to warm up & relax muscles combined with sustained stretched positions.

We recommend client wear flexible clothing.

Available with Advanced Students & LMT's only.



SIGNATURE ORIENTAL HOT ROCKS & SWEDISH MASSAGE—

Enjoy a swedish massage that begins with heated river rocks that fit the contour of your back. Sustained pressure & radiating heat help tightness in deep muscles melt away, allowing the practitioner to release and relax musculature more effectively.

* L.M.T. = Licensed Massage Therapist

ACUPRESSURE FACIAL—

This treatment includes gentle pressure and massage to oriental acupoints on the face, neck, scalp & shoulders for a clearing deep relaxation.

• 20-30 min \$22 or \$17 combined w/ massage

DETOXIFYING HERBAL BODY WRAP—

Begin with a rejuvenating dry brush scrub, followed by a body wrap infused with locally blended herbal extracts, superheated to aid in detoxifying the body while calming the mind. Also includes a face massage.

• 45-50 min \$45 or \$35 combined w/ massage

EUCALYPTUS STEAM BATH—

Take a private steam with eucalyptus which is used to purify, cleanse, improve circulation, soothe nasal & bronchial passages, and rehydrate dry skin. Great for congestion caused from allergies and colds.

• 20-25 min \$20 or \$15 combined w/ massage

FOOT SPA PACKAGE—

Pamper your feet with a mineral foot soak followed by a peppermint exfoliating foot scrub, a hot stone foot rub, and lastly a reflexology session.

• 45-50 min \$40 or \$30 combined w/ massage

SALT AND HONEY SCRUB—

Invigorate your body with our all natural local sea salt and honey scrub that will leave your skin feeling incredibly smooth, nourished and cleansed.

• 45-50 min \$40 or \$30 combined w/ massage

TIBETAN REIKI/ENERGY TREATMENT—

This gentle hands on energy treatment relaxes body, mind & spirit while it awakens the core wisdom of your true self for healing deep within your soul.

• 20-30 min \$20 or \$15 combined w/ massage

massage add-on treatments

AROMATHERAPY—

Choose from three therapeutic grade essential oils that will add restorative effects to your body and mind.

- \$5 After the treatment the vial is yours to keep.

BODY BUTTER—

Upgrade your session with a rich, skin hydrating body butter for that extra smooth satin feel.

- \$5

CRYSTAL CHAKRA BALANCING—

Utilizing the natural power of crystals through color in a specific geometric layout, aligned on the body's chakra centers to balance energy of body, mind & spirit.

- \$10

DRY BRUSH—

This gentle exfoliation treatment uses natural bristle brushes to renew, revitalize & nourish your skin for a healthier look.

- \$10

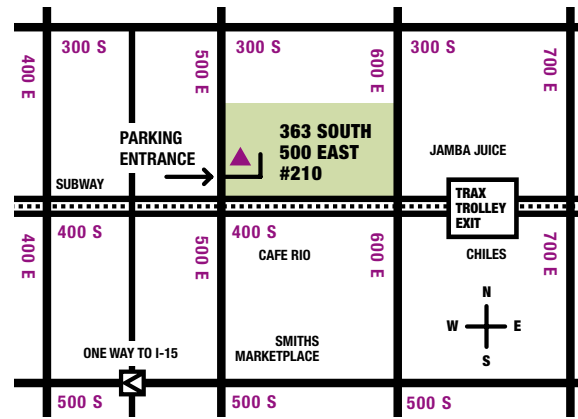
HOT TOWELS—

Enhance your massage with the sensation of hot towels on you feet, face and back. Warming, relaxing and calming to your body & mind.

- \$5

ONLINE APPOINTMENT BOOKING & GIFT CERTIFICATES

- 1) Visit www.healingmountain.edu.
- 2) Click the "Book Online" button located on the right hand side of the home page.
- 3) Click on the Campus you're interested in.
- 4) There are tabs towards the top for booking online or purchasing gift certificates.



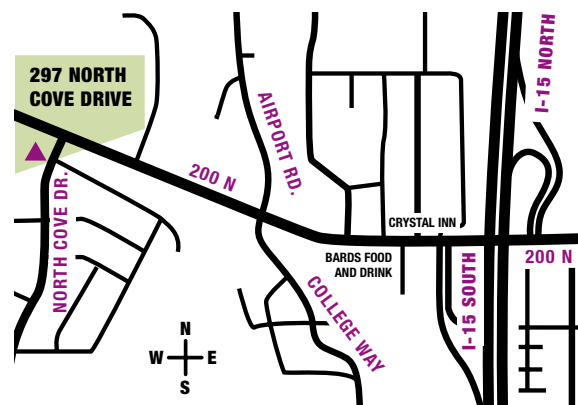
Park and enter on the east side of building.

SALT LAKE Clinic Hours

Monday - Friday 9:00 am - 9:00 pm
Saturday & Sunday 9:00 am - 8:00 pm
For Appts. Call 801-355-6300 ext 1

CEDAR CITY Clinic Hours

Monday - Thursday 9:00 am - 5:00 pm
Friday - Saturday 10:00 am - 6:00 pm
Sunday 12:00 pm - 8:00 pm
For Appts. Call 435-586-8222



Our campus is located in a beautiful two-story log building on the corner of Cove Drive & Highway 56, which is 1/2 mile west of Interstate 15 and 1/4 mile past Airport Rd (College Way) in Cedar City.

GET \$300 in FREE Massages & Spa Services!

Now that we have your attention, if you are interested in receiving \$300 worth of massages from our school absolutely free, here is how it works:

If you know someone who is interested in going to massage school, send them our way & have them notify us who referred them when they enroll†. Upon their graduation, we will show our thanks & appreciation to you with \$300.00 in free gift certificates good for student massages and/or spa services.

Healing Mountain offers a diverse, yet marketable curriculum. In addition to the standard massage therapy courses, our 900 hour program contains unique modalities like:

- Zen & the Art of Massage
- European Hydrotherapy & Spa Training
- Color Therapy using Crystals
- Prenatal & Lymph Drainage Massage
- Thai Yoga Massage
- Tibetan Energy Healing / Reiki
- Aromatherapy

These are all in great demand by employers, but rarely offered in most basic massage programs. You usually pay more for advanced courses. At Healing Mountain you get them all in our **900-hour Massage Therapy Program!**

So, if you know a friend, family member, or co-worker who is thinking of changing professions to a rewarding career in massage therapy, send them our way and make sure they say you sent them. After they graduate on time, you'll get \$300 in massage or spa services as our thanks and they will get a quality education. For more details call our Admissions Director at 1-800-407-3251, ext 2.

† Current HMMS employees & immediate family members are not eligible for this offer.



Both the Salt Lake and Cedar City campuses of Healing Mountain Massage School offer a unique retail shop. It is **HEALING MOUNTAIN CRYSTALS**.

In Salt Lake City, our CRYSTAL SHOP is located right through our main doors next to our spa waiting room. We have many display cases of rare crystals, semi-precious stones, and jewelry from all over the world — places like: Tibet, Russia, China, India, Nepal, Afghanistan, Madagascar, South America, Africa, as well as the United States. Our Cedar City campus has beautiful items on display in their reception area too.

Whether you enjoy a diverse group of mineral specimens or for their metaphysical healing properties, our displays are not only there for your enjoyment, every item is also for sale. Ask the front desk staff for assistance in finding out the sale prices for items on display. And, if there is something you are looking for that you don't see on display, just ask. We may have it in storage or can direct you to a dealer who might have what you want.

If you have any questions regarding the crystal shop, call either campus & visit Healing Mountain Crystals on facebook. 📌

