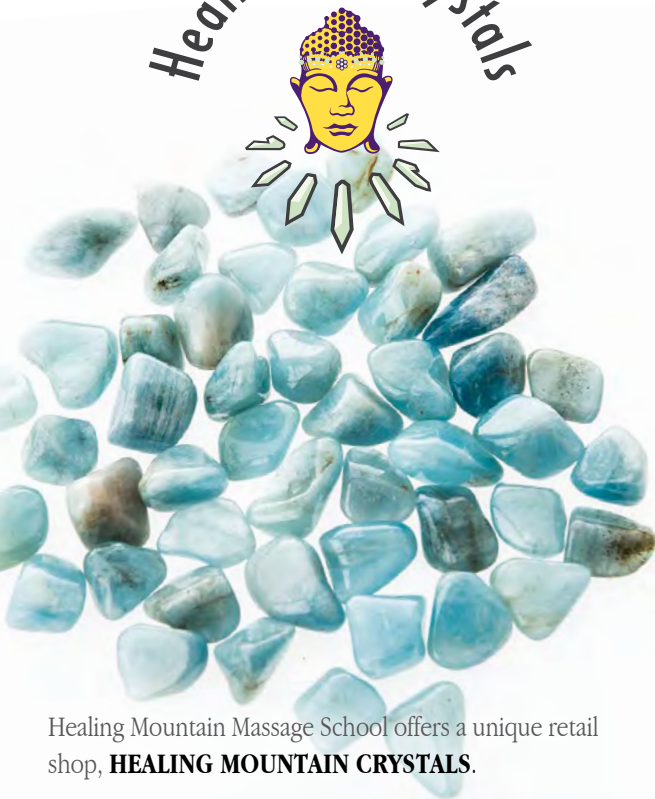


Healing Mtn Crystals



Healing Mountain Massage School offers a unique retail shop, **HEALING MOUNTAIN CRYSTALS**.

We have healing crystals, jewelry and rare minerals from around the world. We also have an array of other items including: natural handmade soaps, essential oils, pain relief balms, books, sage, singing bowls and more.

Whether you are attracted to crystals for their beauty or for their metaphysical healing properties you'll love our prices. We hand select each crystal to ensure the highest quality and best energy.

If there is something you are looking for that you don't see on display, just ask we might have it in stock. If you have any questions stop by the campus closest to you, visit us at HealingMountainCrystals.com or follow us on facebook or Instagram @[healingmountaincrystals](https://www.instagram.com/healingmountaincrystals)

Bulk Series & Membership

BULK SERIES DISCOUNTS—

"Massage, at least once a month, is a feel-good, relaxing way to manage pain and stress, and promote improved well-being. Unlike some other medicinal approaches, the side effects of massage are positive and prompt stress relief and relaxation." ~ *Massage Magazine*

Student 10-pack Series

- 50 min. is \$39 per massage – *SAVE \$60*
- 80 min. is \$56 per massage – *SAVE \$90*

LMT 10-pack Series

- 50 min. is \$70 per massage – *SAVE \$100*
- 80 min. is \$99 per massage – *SAVE \$160*

MONTHLY MEMBERSHIP—

Unlock the benefits of consistent self-care with our exclusive membership program! Each month, enjoy a complimentary massage and access to discounted rates on any additional services. For more information, visit healingmountain.edu/membership

\$45 – Student Practitioner Membership

- One free 50-minute Swedish massage per month - *Allows for one (1) unused free massage to accrue.*
- Priority Booking (*schedule up to 8 weeks in advance*)
- 10% off all student services and add-ons*

\$80 – Licensed Massage Therapist Membership

- One free 50-minute Swedish massage per month - *Allows for three (3) unused free massage to accrue.*
- Priority Booking (*schedule up to 8 weeks in advance*)
- 10% off all LMT services and add-ons*
- Free Hot Towel Add-on for every session*

**Includes guests booked at the same time as members.*



CAMPUS INFO

Salt Lake City – 801.355.6300

363 South 500 East, Ste. 210
Salt Lake City, UT 84102

Open Daily | 9:00 am - 9:00 pm

Orem – 801.655.5200

1636 S. State Street, Orem, UT 84097

Mon - Sat | 9:00 am - 9:00 pm

Closed Sundays

Ogden – 801.823.8080

2411 Kiesel Ave., Ste. 302
Ogden, UT 84401

Visit website for operating hours

To Schedule, call or
book online at healingmountain.edu

Gift certificates available online

HEALING MOUNTAIN[®]
MASSAGE SCHOOL

SPA BROCHURE



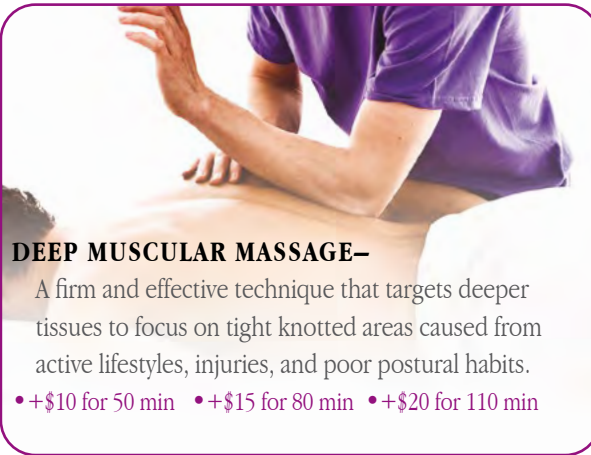
We accept: VISA • MC • AMEX • DISC • APPLE PAY
www.healingmountain.edu

Massage & Bodywork

Student Rate • 50 min \$45 • 80 min \$65 • 110 min \$90
L.M.T. • 50 min \$80 • 80 min \$115 • 110 min \$160

RELAXING SWEDISH MASSAGE—

This session will help you unwind as soothing strokes allow tension to drift away, improving circulation & relaxing muscles.



DEEP MUSCULAR MASSAGE—

A firm and effective 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

LYMPHATIC DRAINAGE MASSAGE—

A quite relaxing light pressured therapy aimed to improve lymphatic circulation and immune function. Enjoy it as a holistic experience or for specific needs (*Injuries, arthritis, edema, etc.*). (NA for 110 min.)

PRENATAL MASSAGE—

This specialized massage targets the unique discomforts and needs of pregnancy, utilizing a blend of therapeutic and relaxing strokes. (NA for 110 min.)

CRANIOSACRAL THERAPY—

This energetic technique uses gentle pressure to specific areas on the skull and sacrum to ease tension & restrictions all over the body. Clients may remain clothed for this treatment. (NA for 110 min.)

Specialty Massage

Student Rate • 70 min \$65 • 100 min \$90
L.M.T. • 70 min \$120 • 100 min \$175

HOT STONE SWEDISH MASSAGE—

A relaxing massage that combines deep heat from stones with swedish massage strokes to relax stubbornly tight muscles and break up knots.

COUPLES MASSAGE— *(excludes deep pressure)*

Relax and unwind with your friend or partner in a massage session of your choice, received in the same treatment room, side by side.

Priced per individual massage per practitioner.

MYOFASCIAL RELEASE (MFR)—

This specialized manual therapy uses gentle sustained pressure into myofascial restrictions to relieve tension and pain in the fascia while equalizing muscle tension throughout the body. MFR is performed dry (*no oil/lotion*) so that the practitioner can feel deeper into the tissue. Male clients receive assessments and massage in underwear or swimsuit, women in two piece swimsuits or sports bra and underwear.

REFLEXOLOGY—

This ancient healing modality uses pressure to specific points in the feet to affect corresponding organs, glands and parts of the body. Includes hot towel foot wrap and our signature hydrating mint lotion.

• 20-25 min \$30 w/ student • \$50 w/ LMT

FOCUS MASSAGE—

This session targets one area of the body focusing on the surrounding musculature while utilizing massage techniques designed to relieve muscle tension and improve circulation.

• 20-25 min \$30 • \$50 w/ LMT

Spa Treatments

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 \$30 • \$40 couples steam

FOOT SPA PACKAGE—

Pamper your feet with a mineral foot soak, peppermint exfoliating scrub, hot stone foot massage, and an energizing mint foot massage or reflexology session.

• 45-50 min \$50 • \$70 w/ LMT

SALT AND HONEY SCRUB—

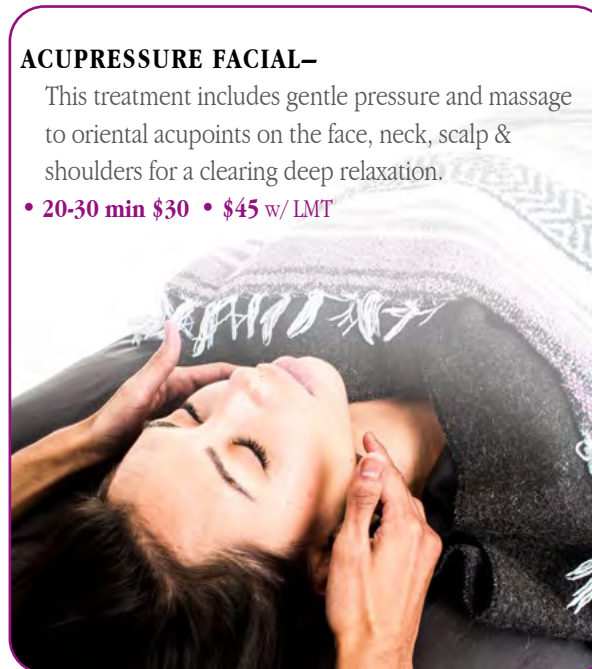
Invigorate your body with our all natural local sea salt and honey scrub that will leave your skin feeling incredibly smooth, nourished, and cleansed.

• 45-50 min \$50 • \$70 w/ LMT

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 \$30 • \$45 w/ LMT



Massage Add-on Treatments

\$5 HOT TOWELS— Enhance your massage with relaxing hot towels that help to calm the nervous system and increase circulation. Applied to your feet, face and back.

\$10 DRY BRUSH— This gentle exfoliating treatment uses natural bristle brushes to renew the skin and stimulate the lymphatic system.

\$10 AROMATHERAPY— Choose from three therapeutic-grade essential oils that will add restorative effects to your body and mind. (*The vial is yours to keep*)

\$10 ACTIVATE CBD BALM— Applied to focus areas, this warming balm provides relief from pain and inflammation while stimulating blood flow and increasing mobility. (*The pod is yours to keep*)

\$10 RECOVERY CBD BALM— Applied to focus areas, this cooling balm is designed for achy muscles, tendons, and joints providing a soothing effect. Best for acute and chronic pain. (*The pod is yours to keep*)

\$10 ARNICA RELIEF— Applied to focus areas this relief lotion soothes sore muscles, eases chronic pain and speeds up recovery from sprain and strains.

\$10 BODY BUTTER— Upgrade your session with a rich, skin-hydrating body butter for that extra smooth satin feel. (*Recommended with Salt & Honey scrub*)

\$10 CRYSTAL CHAKRA BALANCING— Utilizing the inherent healing properties of crystals aligned on the body's chakra centers helps balance energy while providing grounding, security, protection, and emotional healing. (*Crystal kit is yours to keep*)