We accept: VISA•MC•AMEX•DISC

www.healingmountain.edu

SALT LAKE CAMPUS HOURS
Monday - Sunday 9:00 am - 9:00 pm

To Schedule Call 801-355-6300 ext 1
or book online at healingmountain.edu
Gift certificates also available online

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

Park and enter on the east side of building.

OREM CAMPUS 801-655-5200
1636 S. State St., Orem, UT 84097

CEDAR CITY CAMPUS 435-586-8222
297 North Cove Dr., Cedar City, UT 84720

prices may vary between locations

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 $50 • 80 min $75 • 110 min $100

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

JAPANESE FULL BODY SHIATSU—
Ancient Japanese massage using pressure & strokes to oriental acupoints located all over the body. Promotes the free flow of “CHI” for self-healing. Clients remain clothed for this treatment.

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.)

LYMPHATIC DRAINAGE MASSAGE—
A deeply relaxing therapy aimed to improve lymphatic circulation and immune function. Enjoy it as a holistic experience or for specific applications. (Injuries, bruising, arthritis, etc.) (NA for 110 min.)

PREGNATAL MASSAGE—
This massage addresses the specific discomforts and needs of pregnancy with a blend of therapeutic and relaxing strokes.

massage & bodywork

spa treatments

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 $15 • $20 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 $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

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• 45-50 min $40 or $30 combined w/ massage
**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. (specialty massage rates apply)

**signature massage add-on treatments**

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Student Rate</th>
<th>Advanced Student</th>
<th>Licensed Massage Therapist</th>
</tr>
</thead>
<tbody>
<tr>
<td>HOT TOWELS—Enhance your massage with relaxing hot towels on your feet, face and back.</td>
<td>70 min $40</td>
<td>100 min $60</td>
<td>70 min $70</td>
</tr>
<tr>
<td>AROMATHERAPY—Choose from three therapeutic grade essential oils that will add restorative effects to your body and mind. <em>(The vial is yours to keep)</em></td>
<td>70 min $47</td>
<td>100 min $70</td>
<td>70 min $70</td>
</tr>
<tr>
<td>CBD BALM—Applied to focus areas, this cooling recover balm is designed for acjy muscles, tendons, and joints providing a soothing effect.</td>
<td>70 min $47</td>
<td>100 min $70</td>
<td>70 min $70</td>
</tr>
<tr>
<td>BODY BUTTER—Upgrade your session with a rich, skin hydrating body butter for that extra smooth satin feel. <em>(Recommended with Salt &amp; Honey scrub)</em></td>
<td>70 min $47</td>
<td>100 min $70</td>
<td>70 min $70</td>
</tr>
<tr>
<td>CRYSTAL CHAKRA BALANCING—Utilizes the natural power of crystals aligned on the body’s chakra centers to balance energy. <em>(Recommended with Shiatsu)</em></td>
<td>70 min $47</td>
<td>100 min $70</td>
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**specialty massage**

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<tr>
<td>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.</td>
<td>70 min $40</td>
<td>100 min $60</td>
<td>70 min $70</td>
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<tr>
<td>COUPLE’S 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.</td>
<td>70 min $47</td>
<td>100 min $70</td>
<td>70 min $70</td>
</tr>
<tr>
<td>THAI YOGA MASSAGE—Performed on a mat and involves rhythmic compression to warm up &amp; relax muscles combined with sustained stretched positions improving joint flexibility and increasing range of motion. We recommend client wear flexible clothing. <em>(not for severe back issues)</em></td>
<td>70 min $47</td>
<td>100 min $70</td>
<td>70 min $70</td>
</tr>
<tr>
<td>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.</td>
<td>70 min $40</td>
<td>100 min $60</td>
<td>70 min $70</td>
</tr>
<tr>
<td>TIBETAN REIKI/ENERGY THERAPY—This gentle hands-on energy therapy relaxes and balances the energy of the body, mind &amp; spirit. Clients may remain clothed for this treatment.</td>
<td>70 min $40</td>
<td>100 min $60</td>
<td>70 min $70</td>
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<tr>
<td>SHIRODHARA—This deeply relaxing Ayurvedic treatment uses warm oil flowing in a continuous stream over your third eye allowing the nervous system to experience a deep state of rest, similar to meditation. Includes a gentle scalp massage followed by a cleansing shower.</td>
<td>70 min $40</td>
<td>100 min $60</td>
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**holistic therapies**

<table>
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<tr>
<td>ABHYANGA <em>(Oil massage)</em>—This ancient luxurious Ayurvedic body treatment keeps the skin moisturized, calms the mind, supports the lymphatic system, and helps to detoxify the body.</td>
<td>70 min $47</td>
<td>100 min $70</td>
<td>70 min $70</td>
</tr>
<tr>
<td>STRUCTURAL INTEGRATION—Structural Integration works to lengthen, stretch, and soften connective tissue, or fascia, to restore postural balance, ease of movement, and a feeling of being more at home in your own body. <em>(NA for 110 min.)</em></td>
<td>70 min $47</td>
<td>100 min $70</td>
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</tr>
<tr>
<td>LOMI LOMI—An Hawaiian massage that utilizes techniques to work gently yet deeply into the muscles with continuous, flowing forearm strokes, totally nurturing the body and enabling the recipient to relax, give in and simply be.</td>
<td>70 min $47</td>
<td>100 min $70</td>
<td>70 min $70</td>
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<tr>
<td>MYOFASCIAL RELEASE <em>(Dry massage)</em>—M.F.R. is a specialized manual therapy used for the effective treatment and rehabilitation of soft tissue and fascial pains, tension and restrictions. <em>(NA for 110 min.)</em></td>
<td>70 min $47</td>
<td>100 min $70</td>
<td>70 min $70</td>
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Referrals are one of the most common reasons a student looks at attending our school. It says volumes on the education we provide and we appreciate the recommendation so much that we give a $300 spa gift certificate as a thank you. **

As you may know, Healing Mountain offers small class sizes and 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
- Pre & Lymph Drainage Massage
- Thai Yoga Massage
- Aromatherapy

Our refined 1200-hour Holistic Health Program offers students an additional 300 hours of advanced bodywork and holistic therapies like:

- Holistic Nutrition
- Beginning Herbalism
- Ayurveda
- Myofacial Release
- Structural Integration

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, you’ll get $300.00 in massage or spa services as our thanks and they will get a quality education. For more details call our Admissions Director at 801-355-6300, ext 2.

**To qualify a referral student must (1) tell us who referred them on enrollment paperwork and (2) graduate. Current HMBBS employees and immediate family members are not eligible for this offer.**