

Massage Therapy

MUSCLE MANIPULATION

Manipulating soft tissues and muscles to dissipate pain and increase range of motion.

MYOFASCIAL RELEASE

Stretching to eliminate of stiffness and pain in the body targeting myocardial tissues.

HAWAIIAN LOMI LOMI

A technique of kneading the muscles that targets body pain and achieve harmony on the body.

DEEP TISSUE

Release the chronic patterns tension in the body through slow strokes and deep finger pressure on the contracted areas, focusing on the deeper layer of muscle tissues.

FACIAL

Stimulating pressue points on the face, neck, and shoulders. Promoting healthy skin while relaxing facial muscles.

OIL

Rich in nutrients and antioxidants, the oil penetrates deep into the skin, nourishing it from within. Leaves the skin feeling soft and also helps in relaxing tense muscles and reducing inflammation.

SPORTS

Massage focusing on muscle systems relevant to a particular sport.

PRENATAL

Assist psychological, emotional, and physical changes that incur during the 9 months of prevnancy for mothers-to-be. It relaxes and tones muscles, improves skin tone and circulation, stimulates the Lymphatic System, and prepares the body for child birth.

COMPRESSION

A machine used to treat pain and swelling caused by conditions associated with poor circulation. Compression raises the temperature of your skin, which in return encourages blood flow.

THAI STRETCHING

A traditional combination of compression, acupressure, and passive stretching. This increases the range of motion in joints and muscles, as well as improve posture.

SWEDISH

A system of long strokes, kneading, and friction techniques on the more superficial layer of the muscles, combined with active and passive movements of the joints.

THERAPEUTIC

Mobilization of soft tissue to restore normal systemic and bio mechanical of functional use.
(Muscle, fascia, and body fluid)



DSN: 634-5128

Hours (Vary on Masseuse): 5:30 am - 7:30 pm



Massage Services

KANA

- Deep Tissue
- Hawaiian Lomi Lomi
- Thai Stretching

YURIKO

- Myofascial Release
- Oil
- Compression
- Muscle Manipulation

KYOKO

- Prenatal
- Swedish
- Compression

ANGELA HIDER

- Prenatal
- Deep Tissue
- Myofascial Release
- Therapeutic Relaxation

LYNN KURAISHI

- Sports
- Therapeutic
- Deep Tissue
- Swedish
- Prenatal
- Facial

Massage Rates:

- 10 Minutes: \$10
- 15 Minutes: \$15
- 30 Minutes: \$40
- 60 Minutes: \$55
- 75 Minutes: \$70
- 90 Minutes: \$85
- 120 Minutes: \$100



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Please note that all booking and payments will take place at Risner Front Desk.

