

CAPITAL AESTHETICS

MASSAGE THERAPY

For your overall health and well-being.

30 Minute Massage 30

60 Minute Massage 60

Add Hot Stones 10

For heat penetration in various areas.

We offer a range of massage services performed by Licensed Massage Therapists.

These include:

SWEDISH/RELAXATION

Gentle. Uses kneading, deep circular movements, vibration, and tapping to help relax and energize.

DEEP TISSUE

Uses slower more forceful movements to target the deeper layers of muscle and connective tissue.

SPORTS SPECIFIC

Similar to Swedish massage but geared toward people involved in sport activities to enhance athletic performance and recovery.

PRE-NATAL

Starting in the second trimester. Reduces anxiety and symptoms of depression. Relieves muscle aches and joint pain.