

Other Services

Chair Massage

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| 1. Seven Minute Massage
for your neck, shoulders, and back. | \$10 |
| 2. Ten Min Foot Massage
with balm rub, sprits and powder. | \$15 |
| 3. Twelve Upper Body
Massage for your neck, shoulders,
back, arms, hands and scalp. | \$15 |
| 4. Twenty-two Minute
Upper Body and Foot
Massage - options 2 and 3 combined. | \$27 |
| 5. Twenty Minute Custom | \$30 |
| 6. Thirty Minute Custom | \$40 |

ON SITE / ON LOCATION SERVICES AVAILABLE.
ASK FOR DETAILS.

Extras

- | | |
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| <i>Aromatherapy</i>
(recommended upgrade for Relaxation Massage) | \$10 |
| <i>Hot Towels</i>
(recommended upgrade for Customized Massage) | \$10 |
| <i>Exfoliation</i> | \$15 |
| <i>Hot Stone Spot Treatment</i> | \$15 |
| <i>Herbal Ball Compress</i> | \$30 |

Visit massage.terrahbanakas.com for
monthly specials or call 865-964-5215.

Schedule your appointment today:

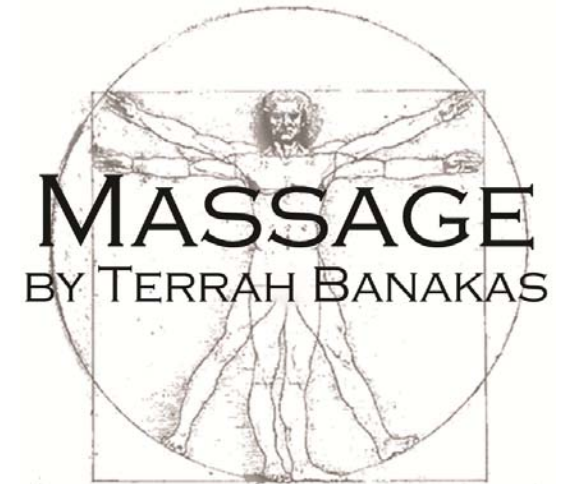
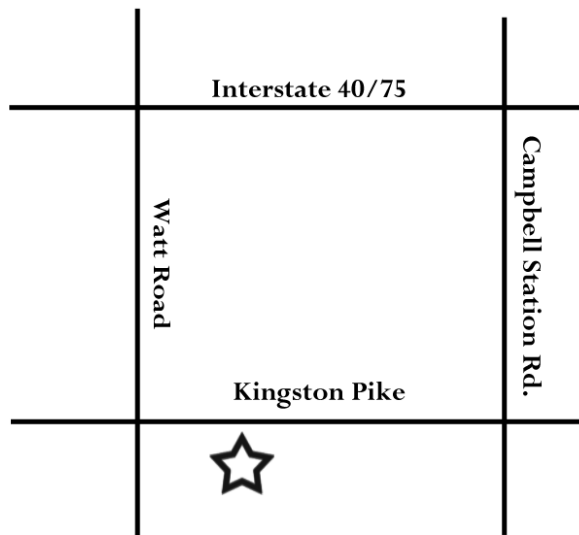
- website: massage.terrahbanakas.com
- facebook: facebook.com/massage.terrahbanakas
- phone: 865-964-5215

*Sometimes the most urgent and vital thing you can
possibly do is take a complete rest.*

~Ashleigh Brilliant

12740 Kingston Pike
Suite 204
Farragut, TN 37934

**Next door to Seasons Café*



Massage Therapy can provide:

- Stress relief
- Increased Circulation
- Chronic or acute pain relief
- Injury recovery
- Relaxation
- Improved range of motion
- ... and many more benefits

Gift Certificates Available

865-964-5215

12740 Kingston Pike
Suite 204
Farragut, TN 37934

Email: massage@terrahbanakas.com

Website: massage.terrahbanakas.com

Relaxation Massage

When you just need a break and some time from yourself. I have designed a session to help you drift into a sea of bliss as I take you on a meditative journey of the body and soul. The goal of a relaxation massage is to help you detach from the daily grind of life, and allow your spirit to recharge and rejuvenate.

The movements and firm pressure involved in relaxation massage affect all systems in the body, including soft tissues such as muscles and ligaments and also nerves and even glands.

<i>30 Minutes</i>	<i>\$35</i>
<i>60 Minutes</i>	<i>\$65</i>
<i>90 Minutes</i>	<i>\$85</i>

Customized Massage

Customized, Deep Tissue and Problem Focused Massage all fit in this category. I will work with you to create a massage plan that works best for your body and condition.

Customized and Problem Focused Massage allows me to tailor a session that involves a unique combination of massage and bodywork techniques (i.e. Swedish, Deep Tissue, etc).

<i>30 Minutes</i>	<i>\$45</i>
<i>60 Minutes</i>	<i>\$80</i>
<i>90 Minutes</i>	<i>\$100</i>

Stay-well Programs

Once people discover the many benefits of massage, a common question arises — “How often should I schedule my massage sessions?” Of course, there is no set answer, but studies indicate that massage at regular intervals is most beneficial to your overall health.

Like exercise, massage does more for you if you engage in it regularly. Even a monthly treatment can help maintain general health.

<i>30 Minutes</i>	<i>\$30</i>
<i>60 Minutes</i>	<i>\$60</i>
<i>90 Minutes</i>	<i>\$80</i>

Traditional Thai Massage

Thai massage is more energizing and rigorous than the more classic forms of massage. Thailand is proud of its name, “the Land of Smiles”. You can expect to feel happy and soothed after your massage. You may well experience an unusual sensation of being both calm and energized, and feel lighter, taller and even “ironed out”.

<i>60 Minutes</i>	<i>\$100</i>
<i>90 Minutes</i>	<i>\$130</i>
<i>120 Minutes</i>	<i>\$160</i>

Hot Stone Massage

Hot Stone Massage is a form of massage therapy that follows principles similar to a regular Relaxation Massage, but with the addition of heated stones, which are believed to better open the body's energy pathways. Hot Stone Massage is a form of "thermotherapy" in which hot stones are positioned on specific areas of your body and allow for greater deep tissue manipulation.

<i>90 Minutes</i>	<i>\$120</i>
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Packages Available

<i>4 Hour Package</i> <small>(min)</small>	<i>\$200</i>
<i>5 Hour Package</i>	<i>\$250</i>
<i>6 Hour Package</i>	<i>\$300</i>
<i>7 Hour Package</i>	<i>\$350</i>
<i>8 Hour Package</i>	<i>\$400</i>
<i>Name Your Hours</i>	<i>\$50 per hour</i>

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