



# Massage

## Introductory Massage (New Clients)

New to Karma Wellness Spa? Begin your journey to feeling your absolute best with our Introductory Massage! We believe your massage experience should be as unique as you are, which is why we start with a complimentary 15-minute consultation. This one-on-one session allows us to understand your individual preferences, concerns, and wellness goals, ensuring your massage is tailored precisely to what you want and need. We customize every aspect of your massage to align perfectly with your body's needs.

## Relaxation Massage

A smooth, flowing style that promotes general relaxation, improves circulation, promotes mental clarity, and relieves tension in the body.

## Therapeutic Massage

Slow, firm pressure used to target the inner layers of your muscles and connective tissues. Suggested for clients who want to work on problem areas to reduce pain and improve fluidity of movement.

## Prenatal Massage

Now you can enjoy the benefits of prenatal massage in the comfort of your own home! We're excited to offer in-home prenatal massage services that cater to the unique needs of expecting mothers. Our trained massage therapists will use specialized techniques to address the areas that need the most relief and relaxation. We also offer professional insights on the benefits of prenatal massage and how it can help you during this special time.

\*All services are fully customizable—choose the length of time that works best for you and add optional upgrades to fit your needs. Click the Book Now link to view options, pricing, and full details.



