

tru massage



One Hour Swedish Massage

\$44⁹⁵

Be tru to yourself

No Contracts or Fees

tru Mission

Through traditional healing arts, continue to provide, at a reasonable price, massage services designed to reduce stress, manage pain and enhance the feeling of wellness.

Client Information

We accept Cash, Debit, Visa, MasterCard, Amex, and Discover. Gratuities are appreciated!

A \$25 No-Show Fee will be charged if you miss or cancel an appointment with less than a 12 hour notice.

All 90 and 120 minute services will be charged a \$35 cancellation fee.

Now Offering Facials and Waxing Services

Hours

Monday - Friday	9:00 am - 9:00 pm
Saturday	9:00 am - 7:00 pm
Sunday	10:00 am - 4:00 pm

**4332 Holland Road
Virginia Beach, VA 23452**

757.962.2999

www.trumassagevb.com

tru Swedish Massage

Great for the beginner! The most widely used style. Promotes relaxation, improves circulation, relieves muscle tension, reduces emotional and physical stress. Pressure applied varies from light to firm.

1 hr ... \$44.95 1 ½ hr ... \$69.95 2 hr ... \$99.95

Deep Tissue Massage

Releases tension through slow, deliberate strokes of deep pressure on muscles, tendons, and fascia. It provides relief for chronic tension and acute muscle spasms. Includes moist heat.

1 hr ... \$55.00 1 ½ hr ... \$79.95 2 hr ... \$109.95

Sports Massage (Pre or Post Event)

Uses specific strokes and stretches to enhance performance and improve conditioning and to lessen the chance of pain and injury. Maximizes condition by increasing power, endurance and flexibility both before and after an event or workout.

1 hr ... \$55.00 1 ½ hr ... \$79.95 2 hr ... \$109.95

Prenatal Massage

Offered to clients who are at least 12 weeks pregnant, this is a great way to relieve the stress resulting from rapid and profound physical and mental changes that occur during pregnancy. Helps relieve pain in the back, neck, hips, legs as well as weight bearing joints. Also helps reduce swelling. No moist heat.

1 hr ... \$54.95 1 ½ hr ... \$84.95

Focus Massage

Our signature focus massage is great for individuals who want to target specific areas. Massage experience is recommended! The client can customize this massage in order to maximize their time and health benefits.

½ hr ... \$34.95 1 hr ... \$59.95 1 1/2 hr ... \$89.95

Hot Stone Therapy

This penetrating heat massage uses hot stones, creating deeper relaxation by warming the muscles while incorporating traditional massage techniques.

1 hr ... \$69.95 1 ½ hr ... \$94.95

Reflexology Therapy

Applies pressure to points on hands, feet and ears which correspond to specific organs or areas of the body. Improves circulation.

½ hr ... \$35.00 1 hr ... \$65.00

Couples Massage

Share the massage experience with your "love", a family member or friend! Both receive a massage at the same time in the same room along with two of our massage therapists.

Choose from:

Both Swedish 1 hour	\$99.95	1 Swedish/1 Deep Tissue 1 hour	\$109.95
Both Deep Tissue 1 hour	\$120.00	Both Swedish 90 min.	\$149.90
1 Swedish/1 Deep Tissue 90 min. ...	\$159.90	Both Deep Tissue 90 min.	\$169.90
Both Swedish 2 hours	\$209.90	1 Swedish/1 Deep Tissue 2 hours....	\$219.90
Both Deep Tissue 2 hours	\$229.90		

You can combine other menu services for the Couple Massage price by adding \$5 to the single service.

Additional Services

30 Minute Express Facial

Includes Cleansing and Analyzing, Exfoliation, Mask and Moisturize ... \$44.95

tru massage One Hour Facial

Includes Cleansing and Analyzing, Exfoliation, Extractions (if necessary), Face, Neck and Shoulder, Mask and Moisturize ... \$89.95

Honey Face Massage

Cleanse, tone, exfoliate and moisturize the facial area to hydrate and purify combination skin, resulting in a fresher, smoother and younger look through the use of pure honey, witch hazel and white lily rosehips face massage lotion.

45 minutes ... \$42.00

Add-in to any massage ... \$20.00 (No additional time with add-ins)

Waxing Services

Call the center or see website for details and pricing.

Aromatherapy

Restores mental and physical balance using blended essential oils massaged into the skin and released into the air.

Add to any massage ... \$10.00

Reiki (ray-key)

An ancient hands-on non-invasive healing art based on channeling the universal life force (or chi) through the body. Promotes self healing and increased energy; helps to remove energy blockages.

1 hr ... \$59.95 (Subject to Therapist availability)

Complimentary Hot Pac upon request

All massage sessions include 10 minutes for Therapist consultation and for dressing/undressing.

1 hour massage therapy session is actually 50 minutes. This is the industry standard.