



## MASSAGE SERVICES

60 MINS MASSAGE  
90 MINS MASSAGE  
120 MINS  
SWEDISH MASSAGE  
SPECIALIZED DEEP TISSUE MASSAGE

### 5 SESSION PACKAGE

\$275 (\$55 EACH)  
\$450 (\$90 EACH)  
\$550 (110 EACH)

### SINGLE VISIT

\$75  
\$110  
\$150

NEUROMUSCULAR MASSAGE  
TRIGGER POINT THERAPY  
SPORTS MASSAGE (INCLUDES STRETCHES)  
MYOFACIAL WORK  
LYMPHATIC DRAINAGE  
ILIOPSOAS MUSCLE WORK

\$15  
\$15  
\$15  
\$15  
\$15  
\$15

## SPECIALIZED UPGRADES

AROMATHERAPY OF YOUR CHOICE \$10  
COCONUT WISDOM MASSAGE \$10  
BAMBOO FUSION MASSAGE \$10  
HOT STONE MASSAGE \$15  
ACCUPRESS THERAPY \$15  
PRENATAL MASSAGE \$10  
COUPLES MASSAGE \$10 EACH

## MASSAGE ADD-ONS

FOOT EXFOLIATION TREATMENT \$15  
SCALP TREATMENT \$15  
HAND TREATMENT \$15  
FOOT & HAND TREATMENT \$45

## 30 MINS SERVICES

30 MINS MASSAGE \$45  
COLD STONE HOT TOWEL FACIAL MASSAGE \$45  
SINUS MASSAGE \$45  
TMJ TREATMENT \$45  
REFLEXOLOGY \$45

## COUPLES SPECIALTIES

	5 SESSION PACKAGE	SINGLE VISIT
COUPLES CUSTOMIZED MASSAGE	\$130	\$170
COUPLES BLISS - 1 HR MASSAGE - AROMATHERAPY	\$150	\$190
COUPLES COCONUT WISDOM	\$150	\$190
COUPLES RETREAT - 1 HR MASSAGE - FOOT EXFOLIATION TREATMENT OR INDIAN SCALP MASSAGE	\$160	\$200
COUPLES SUPERTREAT - 1 HR MASSAGE - INDIAN SCALP MASSAGE - FOOT EXFOLIATION TREATMENT OR INDIAN SCALP MASSAGE	\$180	\$220
COUPLES ESCAPE - 1 HR MASSAGE - INDIAN SCALP MASSAGE - FOOT EXFOLIATION TREATMENT - AROMATHERAPY	\$210	\$250



COUPLES MASSAGE  
**TRAINING**  
**\$210**

## WEBSITE

[SPARRSHSPA.COM](http://SPARRSHSPA.COM)

## PHONE

(803) 746-4657

## LOCATIONS

### FORT MILL

CROWN PLAZA  
3150 US-21 SUITE 103,  
FORT MILL, SC 29715

### INDIAN LAND

REDSTONE  
9695 REDSTONE DRIVE,  
SUITE 300 INDIAN LAND, SC

## GET SOCIAL





## CUSTOMIZED MASSAGE SERVICES

60 MINS MASSAGE  
90 MINS MASSAGE  
120 MINS

### 5 SESSION PACKAGE

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\$450 (\$90 EACH)  
\$550 (110 EACH)

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\$75  
\$110  
\$150

## SPECIALIZED UPGRADES

### SIGNATURE 'BAMBOO FUSION MASSAGE'

\$10

IS PERFORMED WITH HEATED, CUSTOM MADE DIFFERENT SHAPES AND STYLES OF BAMBOOS. PRESSURE IS ADJUSTABLE TO FIT YOUR NEEDS. HEAT INVOLVED WITH PRESSURE ALLOWS THE EFFECT PENETRATES DEEPER IN MUSCULAR TISSUES AND GIVES YOU TREMENDOUS BENEFITS BY MELTING DOWN ALL THE TENSION IN YOUR BODY.

### HOT STONE MASSAGE

\$15

USE OF HOT STONES CAN PROMOTE RELAXATION OF THE MUSCLES AND JOINTS IN THE BODY TO EASE BOTH PAIN AND SPASMS.

### COCONUT WISDOM MASSAGE

\$10

REPLACE THE REGULAR MASSAGE OIL WITH PURE COCONUT OIL FOR ITS ABILITY TO PENETRATE AND PROVIDE ALL THAT VITAMIN E TO YOUR SKIN. THE PRESENCE OF POWERFUL ANTI-MICROBIAL AGENTS LIKE CAPRIC ACID AND LAURIC ACID IN COCONUT OIL DO NOT LET MICROBES INFECT YOUR SKIN. IT LEAVES YOUR SKIN FEELING NOURISHED AND SMOOTH." BECAUSE COCONUT OIL IS NATURALLY ANTIBACTERIAL, ANTIFUNGAL, MOISTURIZING AND, ACCORDING TO RESEARCH, GREAT FOR ATOPIC DERMATITIS.

### AROMATHERAPY OF YOUR CHOICE

\$10

THE HEALTH BENEFITS OF AROMATHERAPY INCLUDE ITS ABILITY TO RELIEVE ANXIETY AND DEPRESSION, BOOST ENERGY LEVELS, SPEED UP THE HEALING PROCESS, CURE HEADACHES, BOOST COGNITION, INDUCE SLEEP, STRENGTHEN THE IMMUNE SYSTEM, REDUCE PAIN, IMPROVE DIGESTION, AND INCREASE CIRCULATION.

### NEUROMUSCULAR MASSAGE / TRIGGER POINT THERAPY

\$15

NEUROMUSCULAR THERAPY IS A CLINICAL SPECIALIZED FORM OF DEEP TISSUE MASSAGE IN WHICH DIGITAL PRESSURE AND FRICTION ARE USED TO RELEASE AREAS OF STRAIN IN THE MUSCLE BY WORKING THROUGH THE COURSE OF MUSCLE FIBERS. THESE AREAS OF STRAIN ARE CALLED TENDER OR TRIGGER POINTS AND ARE THE CAUSE OF MUSCULAR PAIN SYMPTOMS.

### SPORTS MASSAGE (INCLUDES STRETCHES)

\$15

INCLUDING ATHLETES AND JOGGERS ANYONE CAN GET BENEFITS OF SPORTS MASSAGE. IT FOCUSES ON TREATING SOFT TISSUE ACHES, PAIN AND INJURIES THAT ARE ASSOCIATED WITH RECREATIONAL ACTIVITIES. MASSAGE CAN REDUCE MUSCLE STIFFNESS AND IMPROVE RELAXATION BY REDUCING HEART RATE AND BLOOD PRESSURE. HAVE SPECIAL BENEFITS BEFORE AND AFTER STRENUOUS ACTIVITIES. ITS RECOMMENDED TO GET AT LEAST ONE SPORTS MASSAGE OUT OF YOUR 3 REGULAR SESSIONS TO OPEN UP YOUR JOINTS.

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## SPECIALIZED UPGRADES

### MYOFASCIAL RELEASE

\$15

IT IS AN ALTERNATIVE MEDICINE THERAPY THAT CLAIMS TO TREAT SKELETAL MUSCLE IMMOBILITY AND PAIN BY RELAXING CONTRACTED MUSCLES, IMPROVING BLOOD AND LYMPHATIC CIRCULATION, AND STIMULATING THE STRETCH REFLEX IN MUSCLES.

### ILIOPSOAS MUSCLE WORK

\$15

OPENING UP THE ILIOPSOAS MUSCLE GIVES YOUR BODY GREATER MOVEMENT IN THE HIP JOINTS. THE ILIOPSOAS IS A VERY DEEP HIP FLEXOR THAT TENDS TO GET TIGHT ON RUNNERS, CYCLISTS AND PEOPLE WHO SIT A LOT OR DRIVE . IT TREATS MANY ISSUES WITH BACK, HIPS AND LEGS.

### LYMPHATIC DRAINAGE

\$15

MANUAL LYMPHATIC DRAINAGE IS BASED ON PRELIMINARY EVIDENCE WHICH IS HYPOTHESIZED TO ENCOURAGE THE NATURAL DRAINAGE OF THE LYMPH, WHICH CARRIES WASTE PRODUCTS AWAY FROM THE TISSUES BACK TOWARD THE HEART (GREATLY BENEFITS AFTER SURGERY). THE MESSAGE USES VERY LIGHT PRESSURE AND LONG, GENTLE, RHYTHMIC STROKES TO INCREASE THE FLOW OF LYMPH AND REDUCE TOXINS IN YOUR BODY.

### PRENATAL MASSAGE

\$10

(NOTE- WE DO NOT OFFER PRENATAL MASSAGE DURING THE FIRST TRIMESTER)

IT IS A HEALTHY WAY TO REDUCE STRESS AND PROMOTE OVERALL WELLNESS. MESSAGE RELIEVES MANY OF THE NORMAL DISCOMFORTS EXPERIENCED DURING PREGNANCY, SUCH AS BACKACHES, STIFF NECK, LEG CRAMPS, HEADACHES AND EDEMA (OR SWELLING).

### COUPLES MASSAGE

\$10 EACH

MAKES A PERFECT DATE FOR YOU WHEN YOU ENJOY THE MESSAGE IN A SHARED ROOM WITH COMPLIMENTARY WINE.

## 10 MINS ADDONS WITH MASSAGE & FACIAL

### FOOT EXFOLIATION TREATMENT

\$15

EXFOLIATES THE DEAD SKIN WITH A SEASONAL SCRUB, HOT COMPRESS TO RELAX YOUR MUSCLES AND MESSAGE THE REFRESHING LEMONGRASS CREAM. NO CHEMICALS INVOLVED.

### INDIAN SCALP TREATMENT

\$15

CHOOSE FROM COCONUT OR HERBAL OIL. OR CAN HAVE A DRY SCALP MESSAGE. GREAT FOR HEADACHES AND NOURISH HAIR GROWTH WITH SCALP MUSCLE MANIPULATIONS.

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# SPARRSH

## MASSAGE SAUNA SPA

### 30 MINS SERVICES - (\$45)

#### 30 MINS CUSTOMIZED MESSAGE

CUSTOMIZABLE FOR PRESSURE AND AREAS TO YOUR NEED

#### FACIAL TONING COLD STONE, HOT TOWEL MESSAGE

FEELS HEAVENLY. GREAT FOR MUSCLE STIMULATION, SKIN TONING, HEADACHES, FACIAL MUSCLES STRESS RELIEVE, SINUS PRESSURE RELIEF.

#### SINUS MESSAGE

VERY EFFECTIVE TO SEE RESULTS AFTER FIRST SESSION. OPENS UP SINUSES AND RELIEVES CONGESTION/SINUS PRESSURE. HELPS SINUS DRAINAGE FOR NATURAL FUNCTIONING.

#### REFLEXOLOGY

THE APPLICATION OF PRESSURE TO AREAS ON THE FEET, HANDS AND EARS. REFLEXOLOGY IS GENERALLY RELAXING AND MAY BE AN EFFECTIVE WAY TO ALLEVIATE STRESS. THE THEORY BEHIND REFLEXOLOGY IS THAT THESE AREAS CORRESPOND TO ORGANS AND SYSTEMS OF THE BODY.

#### TMJ DYSFUNCTION TREATMENT

IS ONE OF MANY TECHNIQUES THAT CAN HELP ADDRESS THE CAUSE OF TEMPOROMANDIBULAR JOINT DISORDERS. WHETHER THE PAIN COMES FROM A JAW INJURY, ARTHRITIS, OR SIMPLY THE FATIGUE FROM REPEATEDLY GRINDING OR CLENCHING YOUR TEETH, REGULAR MESSAGE THERAPY CAN MAKE A BIG DIFFERENCE.

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