



A Knead for Balance, LLC  
Gabriel Marrero  
MA40250  
MM23115

## Massages

Includes Swedish, Deep Tissue, or Sports Massage. Sessions may also include basic Reflexology, Aromatherapy or Reiki at no charge. Your session will be tailored to your individual preferences. Indicate the addition to your massage at the beginning of your session.

### In call:

30 mins- \$40      60 mins- \$75      90 mins- \$110      120 mins-\$130

### Out call\*

60 mins- \$85      90 mins- \$125      120 mins \$160

*In call- Client comes to the studio for their appointment*

*Outcall- Appointment is conducted in your home or office*

## Reiki

Reiki means "universal life energy" and is an ancient system of natural healing involving the laying on of hands. Reiki helps to break up energy blockages within the body, allowing healing energy to flow again freely and stimulating the body's natural ability to heal itself on a physical, emotional, mental and spiritual level.

### In call

60 mins- \$45

### Out call

60 mins- \$55

*\*There is a \$10.00 fee for out calls that requested in less than 60mins of appointment, out calls scheduled after 9pm, or calls that require traveling over 25miles.*

## Chair Massage

Chair massage can be performed in a wide variety of settings. Typically the person receiving the massage remains fully clothed, and sits on a portable massage chair which allows them to relax comfortably. A normal session can last anywhere from 5 minutes to half an hour or longer.

Chair massages only available for onsite calls such as corporate massages, events, and expos.

**\$1 per minute, 30 min minimum**

## Corporate Chair Massage and Event packages available

Corporate offices, Wedding parties, Sporting events, Expos, etc.  
Please inquire for more information.



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## Special Rates

### First timers

First timers will have a \$10 introductory discount.

### Wellness Discounts

Regularly scheduled appointments can be offered at a discounted rate. Wellness card can be purchased anytime for \$10 or given at first wellness massage

1<sup>st</sup> 1-hour massage will be discounted to \$60

2<sup>nd</sup>-6<sup>th</sup> 1-hour massage will be discounted to \$50.

7<sup>th</sup>-11<sup>th</sup> 1-hour massage will be discounted to \$45.

12<sup>th</sup> 1-hour massage will be discounted to \$40!!

*(Card expires a year from purchase date and is not transferrable.)*

### \$15 OFF for referrals

\$15 OFF to the referred client on their first appointment.

\$15 OFF your next appointment when you refer a new client.

### \$15 OFF

For students, teachers, military, law enforcement and firefighters. (Valid I.D. required)

### TNT Fundraising program for the Leukemia and Lymphoma Society\*\*

- **TNT participant discount: \$15 OFF per Massage.**  
Discount only valid for TNT participant and only valid on 60 minute massage. Cannot be combined with another offer.
- **Participant referral program: Refer a client and \$15 will be donated towards fundraising account.** Offer only valid on active TNT participant. Donation will go directly to the website account within two weeks of the referred massage. Referral discount does not apply.
- **Make a massage part of your Fundraiser event: Chair massages available for your event and 50% of the proceeds will go towards their goal.**

*(\*\*Please inquire if you are affiliated with a not for profit organization and would like this same program to be available to you)*