

Vitality...

The principle of life

Massage builds red and white blood cells, detoxifies, builds metabolism, provides energy, improves circulation, and releases tension in tired overworked muscles.

Swedish

The main purpose of Swedish massage is to increase the oxygen flow in the blood and release toxins from the muscles. Swedish massage shortens recovery time from muscular strain by flushing the tissues of lactic acid, uric acid, and other metabolic wastes. It increases circulation without increasing heart load. It stretches the ligaments and tendons keeping them supple and pliable.

Thirty Minutes.	\$40.00
Sixty Minutes.	\$65.00
Ninety Minutes.	\$105.00
Two Hours	\$130.00

Deep Tissue

Deep tissue massage focuses on realigning deeper layers of muscles and connective tissue. It is especially helpful for chronically tense and contracted areas such as stiff necks, low back tightness, sore shoulders, “kinks”, chronic muscle tension and injury. This type of massage breaks up adhesions (bands of painful, rigid tissue) in muscles, tendons, and ligaments.

Thirty Minutes.	\$50.00
Sixty Minutes.	\$75.00
Ninety Minutes.	\$115.00
Two Hours	\$140.00

Targeted Medical Massage

Medical massage reduces pain, increases range of motion, and can be used to treat such medical problems as asthma, edema, muscle strain, tendonitis, fibromyalgia, chronic pain, migraines, and many others. Medical massage targets your particular area of pain.

Thirty Minutes.	\$45.00
Sixty Minutes.	\$70.00

Facial Massage

The face has a complex muscular structure. Consider the full range of emotions, movements and expressions your face makes every day. When facial muscles are massaged and exercised regularly, facial circulation is improved, capillaries are strengthened, the facial lymph system is cleansed and the skin becomes blemish-free. Whatever your skin type, it will respond to facial massage positively, because massage keeps the collagen and elastin fibers wet and warm which encourages and stimulates their growth. With each facelift massage, the toning benefits increase because muscles have memory.

Thirty Minutes.	\$40.00
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Reflexology

Reflexology corresponds to all glands, organs, parts and systems of the body. Your feet have over 7,000 nerve endings to correspond to all the areas of the body through the spinal cord and brain. Reflexology is the natural way of activating those nerve endings and the healing powers of the body. Reflexology is very safe, yet it provides amazing results.

Fifteen Minutes.	\$20.00
Thirty Minutes.	\$30.00

Manual Lymph Drainage

MLD is a gentle, rhythmic style of massage that mimics the action of our lymphatic system to reduce edema. MLD is used to gently cleanse the body of waste and toxins and to improve immunity and accelerate healing. An impaired lymphatic system can cause colds, flu, sinus problems, edema, headaches, heart disease, fibrocystic and tender breasts, cellulite, enlarged prostate, cancer, and low immunity. Frequency determined at initial visit. Special packages available for frequent visits.

Sixty Minutes	\$75.00
Ninety Minutes.	\$105.00

Fibromyalgia

Fibromyalgia sufferers often feel over stressed due to their debilitating symptoms and the regular demands of daily life. Massage therapy can put an end to the stress and pain. Massage enhances the production of endorphins (natural pain killers) in the body to counteract the pain and stress associated with fibromyalgia. Special attention is given to the tender points that can often be disabling. Special Packages Available for frequent visits.

Thirty Minutes	\$50.00
Sixty Minutes.	\$75.00

Massage for Cancer

For people with cancer and cancer histories, massage therapy can be a powerful healing intervention. Skilled, structured touch has the potential to reduce isolation, relieve symptoms and help people feel cared for, whole, and empowered. Massage therapy can't cure or halt cancer, but it can help relieve some of the symptoms and side effects associated with treatments, and improve the quality of life. Frequency determined at initial visit.

Thirty Minutes.	\$40.00
Sixty Minutes.	\$65.00

Ear Candling

Because the ear is dark and moist, it provides a perfect environment for fungus to breed deep in the ear canal. Fingertips and Q-tips can't reach these areas, however using this procedure the wax, fungus and debris is painlessly removed.

One Ear.	\$20.00
Both Ears.	\$30.00

Massage offers drug-free, noninvasive and humanistic approach based on the body's natural ability to heal itself.

- Increases circulation allowing the body to pump more oxygen and nutrients into tissue and vital organs.
- Stimulates the lymph flow, the body's natural defense system, against toxic invaders.
- Relaxes and softens injured and overused muscles.
- Reduces spasms and cramping.
- Increases joint flexibility.
- Helps prepare for strenuous workouts and eliminates subsequent pains of the athlete at any level.
- Releases endorphins – the body's natural painkillers.
- Reduces post-surgery adhesions and edema. Can be used to realign scar tissue after healing has occurred.
- Improves range of motion and decreases discomfort for patients with low back pain.
- Relieves pain from migraines and decreases the need for medication.
- Provides stretching and exercising of atrophied muscles. Helps reduce muscle shortening in those with restricted range of motion.



Price List

Jac'Que Ann Hallgren, LMT, ABMP

IL & WI Licensed and Certified
Therapeutic Massage Professional

1319 N. Green Bay Road
Waukegan, IL 60085
www.ilovevitality.com

Scan to Visit Vitality online



Office: (847) 775-0272
Text Message: (847) 421-8080