



THE JOURNEY

THE NOW

Our signature

Swedish inspired massage

Benefits: Rejuvenating. Relieves stress. Reduces anxiety. Increases well being. Total relaxation.

THE HEALER

Body, mind and spirit

Energy balancing massage

Benefits: Calming. Deepens self-awareness. Reduces emotional stress.

THE STRETCH

For the athlete

Sports inspired massage

Benefits: Stimulates lymphatic and circulatory systems. Improves range of motion. Reduces recovery time.

MEMBERSHIPS

THE SANCTUARY RITUAL

One 50 min massage
\$85 per month

Two 50 min massages
\$160 per month

THE PAMPERED RITUAL

One 80 min massage
\$115 per month

Two 80 min massages
\$220 per month

MASSAGES

Includes Lavender Aromatherapy

	MEMBER	NON-MEMBER
25 min		\$60
50 min	\$85	\$125
80 min	\$115	\$155

The Menu

ENHANCEMENTS

CRYSTAL HOT STONES +\$20

Energetically cleansed, heated crystal stones ease muscle tension and restore balance

Benefits: Boosts circulation. Promotes deeper relaxation. Energy cleansing.

DEEP TISSUE +\$20

Therapeutic technique used to concentrate on specific areas of muscle tension

Benefits: Reduces muscle pain. Restores mobility. Increases vitality.

FRESH EYES +\$10

Soothing eye mask made with vitamins and antioxidants

Benefits: Hydrating and cooling. Reduces swelling. Anti-aging.

GLIDING CUPPING +\$20

A traditional Chinese medicine technique that increases circulation and removes stagnation

Benefits: Immune system support. Clears toxins. Lymphatic detox.

 **The NOW Lower Greenville**
3614 Greenville Ave.
thenowmassage.com/lower-greenville
214.764.6980

The NOW Oak Lawn
4428 Lemmon Ave
thenowmassage.com/oak-lawn
469.501.1275



GUA SHA +\$15

A traditional Chinese medicine technique targeting areas with smooth rose quartz tools

Benefits: Promotes circulation. Soothes stiff muscles. Reduces inflammation.

HEMP CALM BALM +\$15

A cooling peppermint and warming capsaicin salve, elevated with the calming benefits of broad spectrum hemp

Benefits: Calming. Reduces tension and stress. Restores tired muscles.

HERBAL HEAT THERAPY +\$10

Herbal heat packs used on neck and back during treatment

Benefits: Increases relaxation. Decreases muscle tension. Relief from stress and anxiety.

PRENATAL GLOW +\$10

Prenatal massage for expecting mothers 12+ weeks

Benefits: Eases muscle tension. Improves circulation. Reduces swelling. Promotes restful sleep.

SCALP RENEWAL +\$10

Stimulates the scalp using organic coconut oil

Benefits: Hydrates the roots. Encourages circulation. Relaxes the mind.

