

PROACTIVE MASSAGE+BODYWORK

9225 Atlee Road, Suite 5103, Mechanicsville, VA • 804-559-7990 • www.proactiverva.com

MASSAGE THERAPY

Custom Massage

Your body is unique, and your massage should be too! Our Custom Massage is a symphony of techniques tailored precisely to your needs. Whether it's the soothing strokes of Swedish Massage, the targeted pressure of a Deep Tissue, or the dynamic stretches of a Sports Massage, our skilled therapists will blend modalities to create a therapeutic treatment designed specifically for you.

	Standard Rate	Massage Member Rate
30-Minutes	\$60	\$50
60-Minutes	\$120	\$80
90-Minutes	\$180	\$130

Prenatal Massage

Our specialists in Prenatal Massage employ safe and relaxing techniques with the goals of alleviating pregnancy-related pain, restoring hormonal balance, and reducing edema. Each session includes a personalized approach aimed at promoting relaxation and improving overall health for both mom and baby.

	Standard Rate	Massage Member Rate
30-Minutes	\$60	\$50
60-Minutes	\$120	\$80
90-Minutes	\$180	\$130

Oncology Massage

A gentle, tailored therapy crafted to the unique needs of those affected by cancer. Our licensed therapists have specialized training in Oncology Massage and understand the complexities of cancer treatments and the profound effects they have on the body and spirit. This massage focuses on creating a soothing experience that can alleviate some of the side effects of cancer treatments, such as pain, fatigue, anxiety, and depression.

	Standard Rate	Massage Member Rate
30-Minutes	\$60	\$50
60-Minutes	\$120	\$80
90-Minutes	\$180	\$130

Lymphatic Drainage Massage

Lymphatic Drainage Massage is a precise, light-touch therapy that helps accelerate the natural circulation of the lymphatic fluid, which is crucial in supporting the immune system and maintaining fluid balance. Our certified therapists use rhythmic and gentle pumping techniques to move the lymph fluid, which can be affected by injury, surgery, or chronic health conditions.

	Standard Rate	Massage Member Rate
30-Minutes	\$60	\$50
60-Minutes	\$120	\$80
90-Minutes	\$180	\$130

Cupping Therapy

By creating negative pressure, cupping lifts and releases congested connective tissue (by aligning the collagen fibers), loosens adhesions, and helps re-oxygenate old, damaged tissues while increasing healthy circulation to the targeted area and the function of the lymphatic system. Whether left stationary or moved in a gliding motion, these cups can effectively target specific areas of the body, including the back, neck, and shoulders. This type of myofascial work is incredibly fast and effective.

	Standard Rate	Massage Member Rate
60-Minutes	\$145	Add
90-Minutes	\$205	\$20

CBD Massage Therapy

Elevate your massage experience with the powerful pain relieving benefits of CBD cream. This specialized treatment targets chronic pain and acute discomfort by harnessing the anti-inflammatory properties of CBD, resulting in more profound and lasting relief. Each session includes the application of our acclaimed high-level CBD Clinic cream, focusing on specific problem areas to provide spot relief where it's needed most.

	Standard Rate	Massage Member Rate
60-Minutes	\$145	Add
90-Minutes	\$205	\$20

Myofascial Release Massage

Myofascial Release is a gentle, yet profound, hands-on therapy that involves applying sustained pressure into myofascial connective tissue restrictions to eliminate pain and restore motion. This therapy, performed by our certified massage therapists, relies on precise movements and sustained pressure to stretch and guide fascia back to its natural position, helping to rectify structural imbalances throughout the body.

	Standard Rate	Massage Member Rate
60-Minutes	\$145	Add
90-Minutes	\$205	\$20

Couples Massage

Indulge in a simultaneous massage with your significant other in the comfort of our couple's suite. Our Couple's Massage Therapy is designed to create an experience of collective calm and togetherness, allowing you and your partner to enjoy the benefits of relaxation side by side. It's a perfect way to celebrate a special occasion or simply cherish time spent with one another. Deposit Required.

	Standard Rate	Massage Member Rate
60-Minutes	\$240	\$160
90-Minutes	\$360	\$260

PROACTIVE MASSAGE+BODYWORK

9225 Atlee Road, Suite 5103, Mechanicsville, VA • 804-559-7990 • www.proactiverva.com

MASSAGE THERAPY

Head and Scalp Massage

Experience the ultimate in self-care with Proactive's new hair and scalp massage treatments! Our soothing Lavender hair treatment is perfect for those seeking relaxation and stress relief, while our invigorating Rosemary hair growth treatment is designed to promote healthy, luscious locks. Whether you choose the 30-minute standalone service or add it on to your 60-Minute Custom Massage, you'll enjoy a rejuvenating experience that leaves you feeling refreshed and revitalized from head to toe.

	Standard Rate	Massage Member Rate
30-Minutes	\$70	\$60

Soleful Foot Massage

This 30-minute treatment begins with a foot and lower leg massage, which relaxes tight muscles and relieves daily stress placed on your tired, achy feet and legs. Following is our creamy sugar scrub, which gently exfoliates, revealing your healthy, glowing skin. The treatment concludes with a focused massage using our nourishing foot cream and hot towel treatment designed to deeply hydrate severely dry skin. Consider adding this service as an extension to your 30 or 60-minute massage.

	Standard Rate	Massage Member Rate
30-Minutes	\$70	\$60

Hot Stone Full Body Massage

Embrace a luxurious sensory escape as smooth, heated stones glide across your body. The penetrating heat of the basalt stones serve as a therapeutic journey designed to deeply soothe muscles, boost circulation, and promote relaxation. Surrender to the warmth and rediscover balance with our custom Hot Stone Massage.

	Standard Rate	Massage Member Rate
60-Minutes	\$145	Add
90-Minutes	\$205	\$20

MASSAGE THERAPY ADD-ONS

Hot Stone Mini - Neck and Back Only

Embrace a luxurious sensory escape as smooth, heated stones glide across your body. The penetrating heat of the basalt stones serve as a therapeutic journey designed to deeply soothe muscles, boost circulation, and promote relaxation. Surrender to the warmth and rediscover balance with our custom Hot Stone Massage.

	Standard Rate	Massage Member Rate
Add	\$20	\$16

Dry Brushing Massage

Our Dry Brushing Therapy is designed to revitalize and exfoliate, utilizing a natural-bristle brush in a specific technique that flows toward the heart, promoting lymph flow and circulation. This exfoliating and stimulating treatment sweeps away dead skin cells, boosts circulation, and assists your body's natural immune system. After your session, take your new dry brush with you for at-home self care.

	Standard Rate	Massage Member Rate
Add	\$20	\$16

FACIALS

Cupping Facial

Experience the luxurious, rejuvenating effects of our 60 Minute Facial Cupping treatment. During a Facial Cupping treatment, the therapist will apply nourishing serums filled with vitamins C, B5, and other rich nutrients to the skin. Then the small glass facial cups are applied to specific areas of the face, neck, and chest in gentle gliding motions. The lift and movement created by the cups will increase blood flow and lymphatic drainage. This will improve the appearance of the skin, tone the jawline, reduce the appearance of fine lines and wrinkles, and promote a youthful, radiant complexion. Each session includes a treatment from our LightStim Pro Panel+ while your therapist gives you an incredible hand and arm massage.

	Standard Rate
60-Minutes	\$145

RECOVERY

Compression Therapy

Compression Therapy is the next generation of recovery, lymphatic drainage, and pain management. Compression technology mimics the body's natural muscle pumping action to enhance circulation, increase oxygen delivery, remove metabolic waste, speed up recovery time, and reduce muscle soreness, fatigue, and pain.

	Standard Rate	Complete Member Rate
30-Minutes	\$40	Included

Localized Cryotherapy

Localized Cryotherapy is a safe and effective treatment option for a wide range of conditions, including muscle and joint pain, inflammation, and tissue damage. It is a non-invasive and pain-free treatment that can provide relief and support the body's natural healing processes.

	Standard Rate
30-Minutes	\$50

PROACTIVE MASSAGE+BODYWORK

9225 Atlee Road, Suite 5103, Mechanicsville, VA • 804-559-7990 • www.proactiverva.com

RECOVERY

Kinesiology Taping

Localized Cryotherapy is a safe and effective treatment option for a wide range of conditions, including muscle and joint pain, inflammation, and tissue damage. It is a non-invasive and pain-free treatment that can provide relief and support the body's natural healing processes.

	Standard Rate
30-Minutes	\$50

SAUNA

Infrared Sauna Therapy

Unlike traditional saunas, our Full Spectrum Infrared Sauna utilizes a precise combination of near, mid, and far infrared light to penetrate tissues, muscles, and joints, delivering a deep, therapeutic heat without the oppressive air of conventional steam saunas. This advanced technology ensures a comfortable, gentle warmth that offers a myriad of health benefits. Enjoy our Private Suite for 1 or 2

	Standard Rate	Complete Member Rate	Sauna Member Rate
40-Minutes	\$40		
30-Minutes	\$30	Included	Included
20-Minutes	\$20		

Add a second person for only \$10

LIGHT THERAPY

Deep Tissue Laser Therapy

Deep Tissue Laser Therapy is a revolutionary approach to pain relief. This FDA cleared medical treatment uses focused light to stimulate photobiomodulation - an interaction that triggers a biological cascade of events that leads to reduced pain and improved circulation. Finally, you can get relief without invasive procedures or medications.

	Standard Rate
30-Minutes	\$50

Full-Body LED Light Therapy

Our full body light therapy bed uses a process known as Photobiomodulation in which light triggers a cascade of biological events that leads to increase in cellular metabolism, decrease in pain, reduction in muscle spasm, and improved microcirculation to injured tissue.

	Standard Rate	Complete Member Rate
30-Minutes	\$40	Included

LightStim LED Light Therapy

Our medical device has flexible panels that can be moved to treat different parts of the body, like the face, hands, neck, back, or décolleté.

Each panel contains 1,400 medical-grade LEDs that give off a unique choice of six light wavelengths. Together, these light wavelengths stimulate a more effective cell response and support healthier skin.

The wavelengths are great at addressing: anti-aging, relieving pain, and treating acne.

	Standard Rate	Complete Member Rate
30-Minutes	\$40	Included

WELLNESS

BrainTap Therapy

Discover the transformative power of BrainTap therapy using our advanced BrainTap headset. This session seamlessly combines neuro-acoustic sound waves, guided visualization, and pulsing light to transport you into profound states of relaxation and optimal brain performance.

	Standard Rate	Complete Member Rate
30-Minutes	\$40	Included

VibroAcoustic Therapy

VibroAcoustic Therapy (VAT) is a science-based treatment that uses mild sound and gentle vibrations to create a gentle massage using sound. This therapy is known to reduce stress, relieve pain, restore balance, and enhance the quality of life.

	Standard Rate	Complete Member Rate
30-Minutes	\$40	Included

VibroAcoustic Therapy+BrainTap Therapy

Enjoy the benefits of both BrainTap Therapy with VAT at the same time. This 30 minutes session combines both powerful treatments for a 30 minutes session packed with benefits!

	Standard Rate	Complete Member Rate
30-Minutes	\$50	Included