

Welcome to The Massage Room

The Massage Room offers a serene and comfortable environment that allows you to escape from the stresses of everyday life, into a world of relaxation and tranquility. Once inside these doors you will immediately feel a sense of warmth and relief.

The therapeutic scents of aromatherapy, the sounds of a soothing waterfall, and calming music will touch your soul.

Our professional staff is here to individualize a treatment plan specific to your needs, bringing together body, mind and soul. We, at The Massage Room, are dedicated to provide you with the best and most affordable service to meet your needs.



Policies & Etiquette

Appointments:

- ◆ Appointments taken by phone or in person. We recommend scheduling appointments in advance. Walk in massages will be accommodated pending availability of therapist.
- ◆ We recommend arriving 15 minutes prior to your first appointment to allow time to fill out a brief health history form and 5 minutes early for subsequent visits to insure your session will begin on time. If the client is late for an appointment, the therapist will try to extend the service if time permits. The client will be responsible for the full scheduled service fee regardless.
- ◆ Information such as medications, recent and chronic health conditions, accidents, allergies, surgeries, etc, will determine how the massage will be conducted and is of vital importance to your massage therapist.
- ◆ **24 hour notice of cancellation is required. If 24 hour notice is not given, the client will be charged a \$25 cancellation fee.**

Other Policies:

- ◆ Please mute your phones upon entering the facility.
- ◆ For your benefit, please make other arrangements for your children for the time you are receiving your massage. Massage for children under the age of 18 requires signed consent from the parent or legal guardian.
- ◆ The Massage Room accepts cash, personal checks*, Visa, MasterCard, American Express and Discover. *A \$25 fee will be charged to your account for any return of checks. Fees must be paid in full prior to your next appointment.
- ◆ Our greatest gift is your repeat business. We also benefit from your referrals. If you choose to leave a gratuity for your therapist, please feel free to give it directly to him/her.
- ◆ We reserve the right to refuse service to anyone. This includes, but is not limited to, anyone requesting treatment or services outside of our scope of practice. We will exercise this right if anyone arrives for their appointment under the influence of alcohol, recreational drugs, exhibits inappropriate behavior, or does not meet the means of standard cleanliness. We reserve the right to charge for the full session, whether or not the service was rendered.
- ◆ Although we have a very safe and secure environment, we cannot be responsible for lost or damage to your personal possessions. Please keep all belongings with you during your session.

The Massage Room

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Dearborn, Michigan 48124

Renew

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Relax

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The Massage Room Staff

Alfred Castillo - Owner/Therapist

Training: Certification from Oakland Community College Massage Program

Reiki Master Certification

Cheryle Hopper - Owner/Therapist

Training: Certification from Oakland Community College Massage Program

Reiki Master Certification

Patty Zwiers - Massage Therapist

Training: Certification from the Massage School at Spring Renewal

Reiki Master Certification

Lynn Bowman - Massage Therapist

Training: A.A.S. Massage Therapy from Oakland Community College

Training in CranioSacral Therapy(CST) and SomatoEmotional Release (SER) from Upledger Institute

Hours:

Monday - Friday we accept our first appointments at 8:00a, last appointments at 6:00p.

Saturday 8:00a, last appointment at 3:30p.

Closed Sundays and major holidays.



Relax, Renew, Rejuvenate

Menu of Services

Swedish Massage

A massage given with long, gliding strokes. Swedish massage enhances the circulation resulting in the soothing of sore muscles and ultimate relaxation.

\$60.00
Per Hour
(60 or 90
minute
sessions
available)

Therapeutic Massage

Therapeutic massage incorporates Swedish Massage techniques with deeper tissue techniques such as Trigger Point Therapy and Myofascial Release. This massage is geared to relieve the deep muscle issues in a specific area of need, resulting in relief from deep muscle soreness, muscle spasms and an increased range of motion.

\$60.00
Per Hour
(60 or 90
minute
sessions
available)

Back, Shoulders, Neck Massage

This massage is perfect for the stresses of everyday life. The body tends to hold it in this particular area. Massage to this area helps a person to unwind by relieving stress and tension, restoring a positive frame of mind.

\$40.00
Per
Half Hour

Prenatal Massage

Prenatal Massage is specifically designed to relieve the physical discomforts of pregnancy. Relief from aching back muscles, leg cramps, and fatigue will bring benefit to both Mother and Baby. Massage may be given after the first trimester. Physician permission is required.

\$60.00

Sports Massage

Sports Massage is focused on the athlete. A combination of techniques are used to stretch and strengthen areas of specific need relevant to the individual's activities. Massage is an effective tool to lessen the chance of injury or to reduce the recovery time in the event of an injury.

\$70.00

Lymphatic Drain

Lymphatic Drainage Therapy uses a feather light touch stroke that stimulates the lymphatic system, aiding in the removal of toxins from the body. It is helpful in reducing swelling, stimulates the immune system, reduces fatigue, and aids in digestive elimination. Quarterly drains are recommended. Please inquire about special dietary guidelines when scheduling your appointment.

\$60.00

Cranio Sacral Therapy

Cranio Sacral Therapy is a light touch approach that releases tensions deep in the body to relieve pain and dysfunction and improve whole-body health and performance. Discover the healing power of this gentle touch therapy.

\$60.00

Menu of Services

Hot Stone Therapy

Hot Stone therapy is an ancient healing art that uses hot river stones to enhance circulation, allow for deeper muscle work, and ultimately a deeper state of relaxation.

\$85.00

Reiki

Reiki is an Eastern healing modality, the name coming from two words meaning "Universal Energy." Reiki promotes healing, helps to maintain wellness, and balances energy on the physical, emotional, mental and spiritual levels.

\$60.00
Per
Session

Chair Massage

Chair Massage is a very effective tool in the reduction of stress, tension and muscle fatigue. This massage also reduces the chances of repetitive stress injuries such as Carpal Tunnel Syndrome and Thoracic Syndrome. The massage, done on a chair, brings relief from low back, shoulders, neck and arm soreness, while invigorating the mind and body. Corporate massage available in your setting.

Call for
Quote and
Details

Couples Massage

This massage is perfect for couples. Two tables side by side in a private room. Escape to your own private oasis in a quiet and serene atmosphere. You will both enjoy the massage of your choice. A perfect way to relieve everyday stress, and relax those sore muscles. We also offer additional treatments such as a touch of hot stones or back exfoliation for a true Spa experience! Included is a special fruit and cheese plate and sparkling juice to enjoy while relaxing.

\$150.00
For couple

Added Touches

(with massage service only)

Touch of Hot Stones

\$10.00

Back Exfoliation w/Hot Towels

\$5.00

Available Packages:

- (3) one hour massages:

10% discount—\$162 (= \$54 each)*

- (6) one hour massages:

15% discount—\$300 (= \$50 each)*

* Note: Packages cannot be broken into 1/2 hour sessions, but can be applied to 90 minute sessions.

Prices and packages may change without notice.