



7. Thai Traditional Massage

This massage therapy also uses a combination of stretching movements and acupressure points. These acupressure techniques and exercises work in harmony in accordance with ancient Buddhist tradition... The traditionally performed Thai massage provides heating to the clients and the practitioners.

\$35/30 mins.

\$90/90 mins.

\$65/60 mins.

\$110/120 mins.

8. Reflexology Massage

Prevents and cures many diseases, headache tension, asthma, constipations, sinusitis and migraine etc... The reflexology is good for stimulating the activity of internal organs and to improve blood and lymph circulation in the body.

\$30/30 mins.

\$90/90 mins.

\$65/60 mins.

\$110/120 mins.

9. Thai Traditional and Reflexology Massage

Describes follow up benefits of 7 and 8

\$35/30 mins.

\$90/90 mins

\$65/60 mins.

\$110/120 mins

Stress Free



Reflexive effects of massage are those that stimulate various systems indirectly. The parasympathetic nervous system is responsible for returning the mind to a state of peace and normal functioning.

Massage Therapy

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\$10 Off First Session

Free parking open 7 days • 10am - 7pm



1. Combination or Sport Massage

A **combination or sport massage**: Reflexology, hot stone, deep tissue, swedish myofascial release, neuromuscular release etc... are technical skill sets especially useful in Sport Massage.

\$40/30 mins.

\$75/60 mins.

\$100/90 mins.

\$120/120 mins.

2. Swedish Massage

As the best known type of body work performed today, one of the primary goals of the Swedish Massage techniques is to relax the entire body. This is accomplished by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart.

\$35/30 mins.

\$65/60 mins.

\$90/90 mins.

\$110/120 mins.

3. Deep Tissue Massage

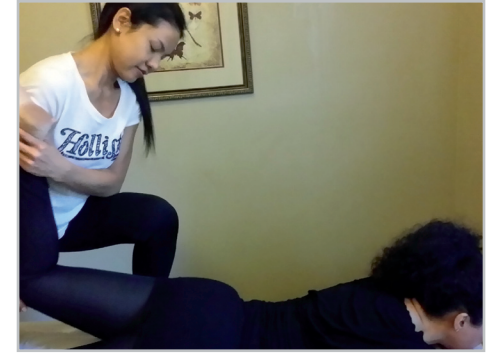
Deep Tissue Massage is a type of massage therapy that focuses in deepest layers or muscle tissue, tendons, and fascia is beneficial in releasing chronic muscle tension (The protective layer surrounding muscle bones and joints).

\$40/30 mins.

\$75/60 mins.

\$100/90 mins.

\$120/120 mins.



4. Pregnancy Massage

Prenatal Massage have many benefits for both (mother and baby) it can reduce stress, tension, circulation and anxiety, relieve muscle and joint, pain, reduce swelling, strengthen the immune system, flushing out toxins from your body and improve digestion.... etc.

\$40/30 mins.

\$75/100 mins.

\$100/90 mins.

\$120/120 mins.

5. Myofascial Release Massage

Most myofascial release treatments take place during a massage therapy session myofascial release works the broader network or muscles that might be causing your pain. It tries to reduce tension throughout your body by releasing trigger point across a broad section of your muscular system.

\$40/30 mins.

\$75/60 mins.

\$100/90 mins.

\$120/120 mins.

6. Hot Stone Massage

Massage and therapy involves using water heating stones on key points of the body. The use of hot stone therapy can help peoples with muscular aches, poor circulation, arthritis, M.S... back pain, stress, anxiety, tension, insomnia and depression.

\$40/30 mins.

\$75/60 mins.

\$100/90 mins.

\$120/120 mins.