



## FOR THE SKIN

*Environmental and emotional stresses have prompted the necessity for developing basic care routines to encourage healthy beautiful skin for life. We look forward to assisting our clients of all ages in achieving their skin care goals.*

### NORTH FACE

Warm aromatic compress, essential oils, soothing upper body hydra-cream massage mask, concluded with a base that leaves your skin rejuvenated and healthy.....30min/\$50

### SPLENDOR

Our Dead Sea mud masks nourish, soften and hydrate. Effectively tones skin, reduces impurities and dehydration and rejuvenates. Upper body massage before and after treatment washes away fatigue and anxiety. Sheer Splendor.....1 hr/\$100

### THE COMPASS

Essential oils, micro exfoliation, blackhead reduction, personalized protocol, soothing upper body massage and three zone masks concluded with a regenerating protective base which helps skin rediscover balance and vitality leaving your skin revived and energized.....1 hr/\$95

### JUST GUYS

Invigorating blends developed just for him. Includes deep pore cleansing, skin toning and firming treatment that leaves every rugged face healthier and younger looking.....1 hr/\$90

### BREEZY – AGES 6 TO 15

Beautiful and sassy skin! A modest version of our face treatments. Delicious essential oils, gel peel, hydrating gel mask, soothing upper body massage, double moisturizing mask topped off with a protective base to help rebalance skin harmed from the sun.....30min/\$55

## SENSATIONAL SCRUBS

Sugar, Salt or something new. Increase circulation & revive the skin with a deeply hydrating exfoliating treatment, removed with hot towels and followed by deeply hydrating massage.

30 min/\$55.....1 hr/\$95.....90 min/\$140

## PACKAGES

### COMPASS DELUXE

Treat yourself to a truly luxurious experience. relax and enjoy a face treatment, a one-hour massage, and a refreshing herbal foot treatment. ....Ahhh – 2 hr/\$190

### OH HONEY

Invigorating Face-Lift Massage with Luxurious Honey Serum. Whipping, tapping, and contouring massage strokes and warm towels wipe away tension. Manual lymph drainage and acpressure techniques stimulate blood and oxygen flow to regenerate skin and tone face muscles. For total relaxation hands, scalp, neck, and foot massage are also included.

### Milk & Honey Sugar Scrub & Body Butter

Milk glycerides, honey, clover, and royal jelly create a replenishing blend of nutrient oils to stimulate circulation and exfoliate dry and rough areas; soothing hot towels remove the scrub to reveal a new you with healthy glowing skin. This intensive dry skin therapy leaves skin silky smooth and ever so sweet with a deliciously light scent of milk and honey. Mmmmmmmmm – Services may be purchased separately. ....

1 hr/\$95 alone.....2 hr/\$175 together

## HOLISTIC REMEDIES

### SINUS RELIEF- PRESSURE POINTS AND FACIAL MASSAGE

Clear a path for a boost in mental clarity, breathing, sleep and immune function. Our routine to relieve sinus pressure begins with the gentle massage of your face, neck and scalp. A hot towel is applied, and pressure points are then used to clear sinus congestion by triggering your own natural healing abilities. Completely fabulous and holistic.

30min/\$50.....Add ear candling to really detox.

### EAR CANDLING

Ear Candling is a natural, non-intrusive procedure that may help alleviate the painful effects of chronic headaches or sinus conditions, ear infections, allergies or vertigo, as well as minor hearing loss due to excessive earwax build up.

.....\$40/both ears

### RAINDROP THERAPY

Raindrop Therapy uses a sequence of nine highly anti-microbial essential oils dropped gently on the spine and then lightly massaged in using various techniques. Stress causes reduced oxygen and circulation to the body, which can cause inflammation, pain and discomfort. Raindrop Therapy benefits the spinal column nerves that feed the entire body. Soothing, nurturing and relaxing, Raindrop Therapy can work its benefits in the body for days to months after the application.....1hr/\$100

### HYPNOSIS

Access the power of YOUR OWN MIND to achieve positive change and healing in areas such as: athletic performance, sleep, anxiety, smoking, pain management, child birth, nail biting, motivation, anger management, weight reduction, negative habits and more .....1hr/\$125

[WWW.COMPASSMASSAGE.COM](http://WWW.COMPASSMASSAGE.COM)

## CRANIO SACRAL THERAPY

Using a soft touch practitioners release restrictions in the craniosacral system to improve functioning of the central nervous system. CST is increasingly being utilized in preventive health for its ability to increase one's resistance to disease.

CST is a gentle, hands-on technique that complements the body's natural healing processes and function of the craniosacral system - comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord.

Session is conducted while client is fully clothed. CST may also be added to therapeutic and deep tissue sessions. Availability is limited.

CST is effective for a wide range of medical problems associated with pain and dysfunction, including:

- + Migraine Headaches
- + Chronic Neck and Back Pain
- + Tension-Related Problems
- + Emotional Difficulties
- + Learning Disabilities
- + Tissue Disorders
- + Post-Traumatic Stress Disorder
- + Post-Surgical Dysfunction
- + Orthopedic Problems and Scoliosis
- + Chronic Fatigue
- + Central Nervous System Disorders
- + Temporomandibular Joint Syndrome (TMJ)
- + Fibromyalgia and other Connective

.....1 hr/\$90

## CREDIT CARDS ACCEPTED

- + Prices do not include gratuities
- + Walk-ins are welcome, however appointments are highly recommended
- + Gift certificates are available online 24/7

## CORPORATE MASSAGE

Increase productivity and morale through on-site chair massage. Reward your hardworking staff and benefit the bottom line without leaving your facility. We have special rates for long term contracts and can arrange these services nation wide.

Just what the doctor ordered. Stress is the #1 cause of disability and costs employers billions of dollars a year on lost productivity and healthcare costs. Chair massage is being utilized within many work places; accounting firms, law firms, hospitals, dentistry, manufacturers and major corporations, such as Boeing, Apple Computer, Pepsi Co and Sony Music who recognize regular massage can reduce the physical and mental effects of work place stress.

Special events, company picnics, whatever the case may be; its the perfect opportunity to utilize the mobility of chair massage! Call Compass today to see how we can help your team in the workplace.

### SERVICE AVAILABLE NATIONWIDE



*Our staff is often a mix of angels of mercy and extraordinary technicians of the mind, body and soul... "Specializing in therapeutic bodywork since 1997" is a testimony of dedication in a field that has grown in diversity and popularity worldwide.*

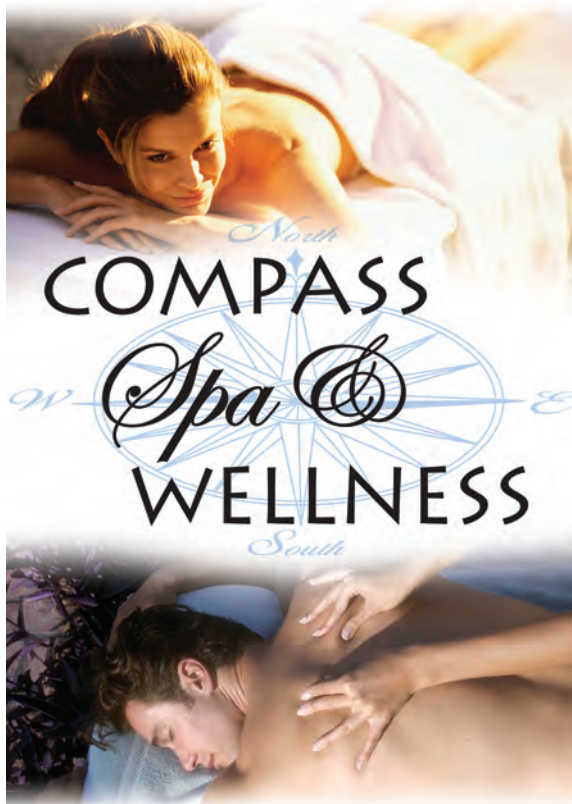
*Opportunities to implement our services in sports, spa, therapeutic, luxury living, event and corporate areas have delighted us with growth and exposure. We are thankful to our well traveled wellness consumers who inspire us, our local clients, students and athletes who challenge our restorative skills.*

Monique DeLozier Frost - President  
Compass Massage & Bodywork, Inc.

View our services and packages at:

[WWW.COMPASSMASSAGE.COM](http://WWW.COMPASSMASSAGE.COM)

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GIFT CERTIFICATES  
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Compass Massage & Bodywork, Inc. is a nationally recognized massage provider as featured in **Massage Magazine, Different Strokes, The Philadelphia Inquirer, and on NBC news.**

## MASSAGE

### CHAIR MASSAGE

*Rejuvenating and relaxing*

Back, neck, shoulders, arms, head and hands. 10 to 20 minute routines available to remove the weight of the world from your shoulders.

.....1 min/\$1

### SWEDISH MASSAGE/RELAXATION

Traditional massage techniques relax, de-stress and energize as well as increase circulation of blood and lymph to boost the immune system. 30 min/\$45.....1 hr/\$80.....2 hr/\$130

### THERAPEUTIC MASSAGE

Incorporation of various techniques for relief of pain or tension in specific areas.

30 min/\$50.....1 hr/\$90.....90 min/\$130

### DEEP TISSUE MASSAGE

Very deep pressure is utilized in order to reach muscle insertions and problematic areas.

1 hr/\$120.....90 min/\$165

### SPORTS MASSAGE

Help calm and heal chronic muscle strain and soreness. Various massage techniques including deep tissue and stretching are implemented.

30 min/\$55.....1 hr/\$100.....90 min/\$135

### COUPLES MASSAGE

A side-by-side experience to savor forever... share the gift of health, relaxation and soothing benefits of massage as a double sweet retreat.

1 hr/\$200.....90 min/\$275

### HOT STONE MASSAGE

*Ahhh... a truly grounding massage!*

Warmed riverbed stones are placed along the spine, under the hands and other energy points during the massage allowing heat to deeply penetrate, warm, and loosen tight muscles. The massage continues with light pressure of additional stones. The warmth is gentle and comforting.

1 hr/\$120.....90 min /\$160

## AROMATHERAPY MASSAGE

A truly elegant massage using rare and precious essential oils that enhance the benefits of the body's natural responses, inducing calm, well-being, and increased energy. Essential oils have been used therapeutically since Biblical times.

30 min/\$55.....1 hr/\$95.....90 min/\$135



## ACUPRESSURE/THAI MASSAGE

Kneading, stretching and pressure points are used. You will feel both rejuvenated yet relaxed. Wear loose, comfortable clothing.

1 hr/\$90.....90 min/\$135

## PRENATAL MASSAGE

Special care is given to the expecting mother. No essential oils are used. Our Mermaid Waterbed Massage Table perfectly supports and relaxes the body through warm, fluent water movements during the massage.

30 min/\$50.....1 hr/\$90

## REFLEXOLOGY

Embodies the relationship of the reflexes in feet to glands, organs, areas of the body and rebalances through 7200 nerve endings of the feet Unbelievably relaxing and tremendously therapeutic 30 min/\$40.....1 hr/\$70

**EXPERIENCE THE ULTIMATE IN RELAXATION BY ASKING FOR THE MERMAID MASSAGE TABLE® THE FOURTH OF LESS THAN 150 IN THE NATION. IMAGINE FLOATING YOUR CARES AWAY DURING YOUR MASSAGE ON A WARM WATERBED SURFACE.**