



Lakota Canyon Ranch Rec Center is happy to offer massage services & treatments to everyone in the New Castle community. We invite you to book an appointment, come in, and enjoy some of these exceptional services!

MASSAGE YOUR BODY & MIND

Swedish Massage: As the best-known type of bodywork performed today, one of the primary goals of the Swedish massage technique 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. But Swedish massage therapy goes beyond relaxation.

Duration:	Cost:
30 min	\$35
60 min	\$75
90 min	\$110
120 min	\$150

Deep Tissue Massage: Deep tissue massage therapy is similar to Swedish massage, but the deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons and fascia (the protective layer surrounding muscles, bones and joints).

Duration:	Cost:
30 min	\$45
60 min	\$85
90 min	\$125
120 min	\$170

Thai Massage: An ancient healing art with origins in Ayurveda Medicine, Yoga and Buddhism. It has evolved into a unique and magical combination of gentle rocking, deep stretching, rhythmic, compression, soft tissue manipulation, energy balancing, and acupressure. Thai Massage affects the entire body by increasing flexibility, releasing both deep and superficial tension, enhancing the body's natural energy flow, and promoting inner peace and quiet mind.

Duration:	Cost:
60 min	\$85
90 min	\$125
120 min	\$170

MASSAGE YOUR BODY & MIND

Advance Myofascial Release Therapy: A safe and very effective hands on technique that involves applying gentle sustained pressure into the Myofascial connective tissue restrictions to eliminate pain and restore motion.

Duration:	Cost:
30 min	\$45
60 min	\$85
90 min	\$125
120 min	\$170

Craniosacral Release: A gentle, hands-on approach that releases tensions deep in the body to relieve pain and dysfunction and improve whole-body health and performance.

Duration:	Cost:
30 min	\$45
60 min	\$85
90 min	\$125
120 min	\$170

Manual Lymphatic Drainage: An advanced form of massage that aims to stimulate the lymphatic system to remove congestion and stagnation from within the body, and help it return to a healthy condition.

Duration:	Cost:
30 min	\$45
60 min	\$85
90 min	\$125
120 min	\$170

Thanks for choosing Lakota Canyon Ranch as your place of rest, relaxation, self-love & care! We hope there is a service or treatment that fits your needs. Please feel free to give us recommendations & suggestions on ways to improve your experiences here.