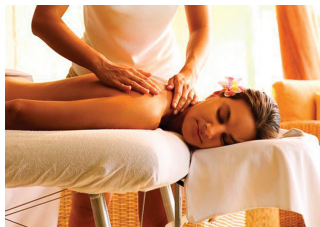


Massage

603.673.7123, x284

Gift Certificates Available



The Salon
at Hampshire Hills

50 Emerson Road,
Milford, New Hampshire
hampshirehills.com

Swedish

30 minutes/\$35 60 minutes/\$65 90 minutes/\$95

A treatment composed of the 5 basic strokes of massage. Long, soft strokes are applied to the body using minimal pressure to promote relaxation. Swedish massage shortens recovery time from muscle strain, stimulates the skin and nervous system and can help reduce stress.

Hot Stone Massage

60 minutes/\$75 90 minutes/\$105

Basalt stones are massaged gently and smoothly along the body with hot essential oils creating a deep dimension of relaxation and well being while soothing sore muscles.

Deep Tissue Massage

30 minutes/\$40 60 minutes/\$70 90 minutes/\$100

A massage treatment composed of deep detailed, strokes specific to each muscle or muscle area. Deep tissue massage may also include trigger point work and muscle energy technique to increase range of motion.

Prenatal Massage

60 minutes/\$70

Our Swedish massage for moms-to-be administered in a side lying position. Prenatal massages are given after the first trimester.

Postural Analysis/Structural Integration

Initial Sessions:4/\$180 Follow up Sessions: 5-8 sessions/\$120 9-11 sessions/\$120

Specific session that focuses on specific body parts that require relief, alignment, and increased flexibility, to restore natural body health. First one hour session includes analysis and massage. Follow up sessions are 30 minutes each and will include recommendations for exercise with a personal trainer for optimum fitness.

Cancellation Policy

If you cannot make your appointment, please call 24 hours prior to your scheduled time. Missed appointments and cancellations without allotted notice will be charged the full price of the service.

Satisfaction Guarantee

If you are not completely satisfied with our service, please contact our management. We will do our best to exceed your needs.

Children

We love kids. If you're visiting us and have young children with you, please be attentive to them. It's for their safety and a courtesy to our other Salon guests. If you prefer, child care is available on the premises at The Hampshire Hills Nursery for an additional fee. Please call 603.673.7123, ext. 221 to reserve a place for your child.

Returns/Exchanges

Unused, retail purchases can be exchanged within 7 days of purchase.

Payment Methods

We accept cash, personal checks, Visa, Mastercard, American Express and Discover. \$25 will be assessed for returned checks.

Gift Certificates

Gift certificates may be purchased in any denomination and can be used towards all salon services and retail purchases. We can customize gift certificate packages.

Cell Phones & Pagers

Please turn off cell phones and pagers or set to vibrate mode, to preserve the tranquility of your salon service.

We adhere to all statewide guidelines for sanitation to ensure the safety and health of all clients.

Custom Massage

60 minutes/\$80 90 minutes/\$110

Create your own massage experience by combining any of your favorite massage experiences- Swedish, Deep Tissue, Hot Stone, Reflexology, Head & Scalp massage, paraffin dip for feet or hands. A custom massage just for you.

The Signature Massage

90 minute massage/\$125

90 minute massage and facial/\$165

Created exclusively for Hampshire Hills this 90 minute massage experience includes a Hawaiian Hapuna Pele volcanic ash foot scrub, warm Shakra charging Baltic stones, and a Aruvedic scalp treatment that will leave you refreshed, rejuvenated and stress free. Complement your Signature Massage with a Salon facial for the ultimate spa indulgence.

Sports Evaluation Massage

90 minutes/\$100

This massage is designed to help athletes identify weak areas and learn how to strengthen them to achieve better balance and efficiency. After a short evaluation you receive a massage to locate any muscles that may be causing dysfunction. Bring athletic shorts and sports bra/tank top.