



Massage

603.673.7123, x284

Gift Certificates Available

The Salon
at Hampshire Hills

50 Emerson Road,
Milford, New Hampshire
hampshirehills.com

Swedish

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

The foundation for other types of Western massage.

Swedish massage employs 5 different movements: long, gliding strokes, kneading, friction, tapping, vibration. Firm gentle pressures improve circulation, ease muscle aches and tension, improve flexibility, and create circulation.

Hot Stone

60 min/\$75 90 min/\$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

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

Deep tissue massage uses many of the same movements and techniques as Swedish massage but with more intense pressure aimed at the connective tissue. A more focused massage as the therapist works to release muscle tension or knots.

Prenatal

60 min/\$70

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

Sports

60 min/\$70 90 min/\$100

Designed to help athletes prepare their bodies for optimal performance, recover after a big event, or function at its best during training. Great for people with injuries, chronic pain, or restricted range of motion.

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.

Kriya

60 min/\$65

A Kriya massage is built around harnessing the body's natural energy. It can be used to reduce stress, and improve posture and flexibility by utilizing certain yoga techniques as part of the massage process. Kriya massage is healing-oriented, improving the flow of both the lymphatic system and blood, thereby allowing the body to function more effectively.

Acupressure

60 min/\$65

Acupressure dates back over 5000 years where it was used to treat a wide range of health conditions. The technique is done in a relaxing environment while the client is lying down, fully clothed. Gentle pressure is applied on various points across the body to encourage lymph and blood flow creating free circulation to promote healing and encourage energy.

Trigger Point Therapy

60 min/\$65

This neuromuscular massage is used to deactivate a hyper-irritable spot located in a taut band of muscle fibers by using finger pressure. These trigger points not only affect the muscle where it is located but also cause referred pain in tissues supplied by nerves.

Cranial Sacral Therapy

30 min/\$35 60 min/\$65

A method of complementary and alternative medicine used by therapists and medical professionals where they manually apply subtle movement of the spinal and cranial bones in an attempt to bring the central nervous system into harmony. This therapy involves assessing and addressing the movement of the cerebrospinal fluid which can be restricted by tension and trauma. Especially useful for neck and back pain, migraines, TMJ, and chronic pain conditions.