

Lucia Papale is a Certified Massage Therapist and Esthetician. She is highly trained in a variety of bodywork techniques, and skin conditions; educated in anatomy and physiology, and experienced in providing therapeutic massage and skin care in spa and health care settings. She skillfully employs a mixture of modalities to tailor treatment for each individual's needs. Lucia is an enthusiastic attendee of seminars and continuing education classes, allowing her to continually grow her perspective, while also benefiting her clients

Massage therapy can help to:

- Reduce pain.
- Relieve stress
- Boost athletic performance
- Increase blood flow
- Reduce muscle tension
- Increase flexibility
- Increase range of motion
- Reduce anxiety and depression
- Increase circulation of lymphatic fluids.

Regular massage therapy has been recognized as a potent and vital part of alternative health. In addition to being considered one of the leading reduction therapies, massage can be profoundly instrumental in the rehabilitation of many injuries.

**Member of American Specialty Health
and
Associated Bodywork and Massage
Professionals**

***Gift Certificates -For anyone you know
who would benefit from a healthy,
therapeutic massage or any of our body
& skin treatments, a gift certificate is an
ideal present***

Cancellation Policy: In order to provide the clients with the most convenient appointment availability 24 hours notice is required.

Lucia Papale



***Massage Therapy
Facials
Body Treatments***

4725 First St. Suite 205
Pleasanton, Ca 94566

925-413-1050

THERAPEUTIC MASSAGE

A personalized massage experience where several massage techniques are combined to focus on your specific areas of need.

MASSAGE TECHNIQUES

Swedish – Increases the oxygen flow in the blood and releases toxins in the blood flow, while relaxing the body with long and kneading strokes (light to moderate pressure)

Deep Tissue – Sports Massage -A deeper massage that targets specific muscle groups. This massage eliminated deeply rooted tension, releases tightness and reduces muscle pain through slow and deep manipulation of the muscles and connective tissue.

Shiatsu – This ancient Chinese massage focuses on specific acupressure points to release blocked chi (energy), leaving you feeling relaxed and energized.

Reflexology- Uses pressure to specific areas of your feet. These pressure points correspond to various parts of your body and will stimulate your natural self-healing abilities.

Prenatal Massage. *This massage is targeted to ease the aches and pains you experience as your body changes during pregnancy.*

Aromatique Massage – *Combines massage techniques with blended essential oils to energizing, calming and detoxifying. Choose the essence that's right for you.*

MASSAGE TREATMENTS

LaStone Therapy– A contemporary approach to alternating temperatures in massage best describes the LaStone therapy technique. This unique form of massage utilizes heated and chilled stones. Bringing balancing, deep relaxation and physical, emotional and spiritual healing.

Lymph Drainage Therapy–This massage technique directly works on lymph vessels and glands, and eliminates watery stagnation from the tissues, improving flow of body fluids. This is critical to the body's ability to detoxify & regenerate

Lypossage. It is a non-invasive, clinically proven body contouring and detoxifying therapy that can transform your body shape.

Make your appointment for a ***FREE consultation.***

PRICE MENU

Therapeutic Massage

30 minutes \$45
Back, Neck and Shoulders

50 minutes \$65

60 minutes \$75

75 minutes \$90

90 minutes \$105

Aromatique Massage

Added to any massage \$5

LaStone Therapy

60 minutes \$80

90 minutes \$110

Lymph Drainage Therapy

60 minutes \$75

Lypossage

1 session \$100