

appointments

massages are made by appointment only. please call or ask at the front desk to schedule an appointment. cancellations are requested to be made 48 hours in advance.

massage services

aromatherapy massage

\$65 per hour/ \$35 ½ hour
using lighter, rhythmic strokes, Swedish massage offers the benefit of improved circulation, relief of muscle tension and promotes general feelings of relaxation and well being and when combined with essential oils, it can provide a natural way to create a holistic balance for mind, body, and spirit. we have many blends available. choose the one that is best for you. Available blends—mind-clearing, relaxation, rejuvenation stress management, muscle aches/soreness, spiritual healing, and invigorating.

sports massage

\$65 per hour/ \$35 ½ hour
a combination of Swedish and deep tissue movements to improve performance, relieve muscle tension, or treat sports related injuries.

hot stone massage

\$90 -90 minute session
stone massage is an effective way to relax tight muscles at the deepest level and involves the application of water-heated stones of varying sizes to key points on the body in order to create a feeling of harmony and a calming

sense of balance aromatherapy is incorporated into this massage as well.

couple's massage

\$130.00 per couple
the perfect massage for the couple who does everything together! now you and your special someone can experience a massage in your own private room, a must have for an anniversary or special occasion.

ear candling

\$25.00 per session – 30-40minutes
relieve sinus pressure and ear aches with this treatment. this is a remedy that has been proven over centuries and has been used to relieve pressure in the sinuses and ears and to improve balance. a hollow candle is placed on the edge of the ear and when the end is lit, the resulting smoke helps dry out the fluids. it also functions as a gentle vacuum to remove excess wax.

four- handed massage

\$65.00 per ½ hour, \$130.00 per hour
this massage features two therapists working on you simultaneously, creating a rhythmic dance of four hands that will melt away all your stress and tension. as both sides of the body are worked in synchronized movements at the same time, a certain balance is achieved that can't be reached with a regular massage performed by a single therapist. this heavenly "four-hand" harmony is not to be missed! It will bring you to another level of revitalization.

yoga and massage combination

prices vary
be creative! enhance your massage experience by combining it with yoga. we will be happy to design an experience that blends all of the benefits of yoga and massage in one private session.
*special offer for first timers – one hour Swedish massage - \$50.00
*special offer for students and seniors – one hour massage - \$50.00

thai massage

\$120 for 1 ½ hour session
thai massage is like yoga combined with acupressure. It uses a wide variety of stretching movements and pressure points to produce a uniquely relaxing yet energizing and highly effective therapeutic treatment. Sessions are performed on a floor mat with the client comfortably dressed. The benefits of Thai massage include the increased flow of blood and lymph, the reduction of pain, and the improvement of sleep.



Patty Kinsey, Massage Therapist

4402 Skippack Pike, P.O. Box 511, Skippack, PA 19474
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breath :: strength :: spirit

Rulon Claus, Massage Therapist

4402 Skippack Pike, P.O. Box 511, Skippack, PA 19474
610.584.1108 Cell 610.260.3847

therapists

rulon claus, cmt

rulon graduated from the Pennsylvania school of muscle therapy, where he completed a 659- hour course of training that include anatomy, pathology, reflexology and Russian massage with Michael buck from the vedic conservatory.

patti Kinsey, cmt

patti completed her studies in Swedish and therapeutic massage at the Pennsylvania school of muscle therapy in oaks, pa. and is a nationally certified therapist. she has experience in both deep tissue and hot stone massage. in addition to practicing massage therapy, patti teaches high school English and creative writing. she has a BA from Muhlenberg college and MA from arcadia university, both in English literature. patti is a professional member of the American massage therapy association.

the benefit of massage

massage will help you deepen your yoga experience by decreasing both your physical and mental limitations. learn how to achieve an optimal level of balance in your life. remember to care for yourself as well as care for others.

massage can:

- relieve stress and aid in relaxation
- alleviate muscle tension and stiffness
- promote deeper and easier breathing
- reduce blood pressure

- relieve tension-related headaches
- strengthen the immune system
- reduce anxiety and depression
- strengthen the connection between mind, body, and spirit

directions

from **north & east** (lansdale and ne ext. of trpk. - rt. 476 - exit 31): take rt. 63 west to rt. 113. make a left onto rt. 113 and then follow directions below from harleysville and souderton.

from **north** (harleysville and souderton): take rt. 113 south to rt. 73 (skippack pike). make a right on rt. 73 (skippack pike) and follow ¼ mile (past cressman rd. on left). breathe yoga center will be on your left.

from **south and west** (pottstown and collegeville): take rt. 422 east to rt. 29 north. take rt. 29 north to rt. 113 north. make a right onto rt. 113 north. take rt. 113 to rt. 73 (skippack pike). make a left on rt. 73 (skippack pike) and follow ¼ mile (past cressman rd. on left). breathe yoga center is on your left.

from **south and east** (norrstown and king of prussia): take rt. 422 west to rt. 363 or rt. 202 north to rt. 73 west. take rt. 73 west (skippack pike) thru skippack village. cross rt. 113 on skippack pike and follow ¼ mile further (past cressman rd. on left). breathe yoga center is on your left.



massage therapy

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2006
**Reader's
Choice
Winner!**