

MASSAGE IS OUR SPECIALTY

Serving the Coachella Valley since 1997, we have a very talented professional team of male and female Massage Therapists, with a wide variety of advanced training and extensive experience. They will adapt each results oriented treatment to meet your individual needs and provide a "serious massage". You will feel the difference!

We are the official Massage Providers for the Annual BNP Open Tennis Tournament Players!



*SPECIALS

Local

CV residents save \$10 on Thursdays & Sundays.

Senior

Seniors (ages 60+) save \$15 on Wednesdays.

Youth

Ages 16 & under save \$10 off any 60 min massage.

Military

Active military & spouses save \$15 any day.

Emergency Personnel

Police, Fireman, EMT and Rescue Units. Save \$15

Group

Save \$10 on groups of 4 or more.

* Discounts apply to 60 or 90 minute massages

SERIES

Purchase a set of 10 treatments and get the 11th FREE.

Ask about our summer specials too!



Reservations Recommended

760-346-7949

3 hours cancellation notice required.

Open 9am - 6pm Daily

Summer hours may vary.



74-125 Highway 111
Palm Desert, CA 92260

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www.AllAboutMassage.com

Email: AAMmassage@aol.com

Gift Certificates

Perfect for any occasion! Purchase direct or through our website:
www.AllAboutMassage.com

The Locals' Favorite

for Serious Massage

760-346-7949

www.AllAboutMassage.com



MASSAGE TREATMENTS

30 min. \$65 60 min. \$110 90 min. \$155

Soothing Relaxation Massage: A full body Swedish style massage with light to medium pressure. A thorough general massage for relaxation, circulation, sleep, and tension release.

Advanced Custom Massage: Targets your individual chronic problem areas and conditions, using medium to deep pressure, stretching, pressure points, and other advanced techniques as needed for your individual situation. Especially recommended for headaches, lower back pain, fibromyalgia, chronic pain, frozen shoulder and other stubborn or recent problems.

(Our clients' favorite therapy!)

Deep Tissue: Deep layer manipulation of muscle and connective tissues to release toxins, spasms and tension. Uses deep pressure, myofascial release, trigger points or other advanced techniques plus thumbs, elbows and fists to reach the deeper layers of dense or overly tight muscles.

Sports Massage: A firmer massage which uses cross fiber friction, trigger points, stretching, and joint movements with therapeutic oil. Effective before or after exercise, for golfers, tennis players, runners and all athletes.

Shiatsu/Acupressure: A full body treatment using the Japanese or Western forms of Acupressure. Deep pressure and stretching is applied to key points to release energy blockages, rebalance the energy flow and stimulate the body's natural self-healing abilities.

Reflexology: A foot & hand massage treatment focusing on the Reflexology zones and points. 30 minutes suggested.

Pregnancy Massage: A combination of massage techniques adapted to the specific needs of the pre/postnatal mothers by experienced therapists. Special positioning is used for optimum comfort and safety. Great for the aches, pain, and stresses of pregnancy and childbirth. Okay for all stages of a healthy pregnancy. Ask about our Prenatal packages, Labor Assistance and Infant Massage Classes.

****Please advise us if you are pregnant or have other significant health concerns when booking any treatments. We serve clients of all ages, including minors with parental signed releases.**

**Prices subject to change. (Revised 11-19)*

Desert River Stone Massage: 90 min. \$180
Warm/hot smooth basalt river stones add heat to the muscles and work as gentle massage tools to melt away stress, enhance the relaxation, circulation and healing process. (*Not recommended for pregnancy, high blood pressure or heat sensitivity.)

Other Specialties: Aromatherapy, Lymphatic, Myofascial, Polarity, Cranial Sacral Therapy, Ultimate Deep Tissue, Couples Massage Instruction and others may be available by advance request. "Other Specialty" prices may vary.

Couples Massage: Share a cozy massage with treatments in the same room, advance notice required. No extra charge.



Appointments:
760-346-7949

Treatments at your location

In-Home/In-Room Massage: Bring the spa home! Our talented therapists can provide therapy in the convenience of your home or resort. Prices vary by location. Advance notice required, please call for more information.



Chair Massage: An energizing and effective Massage Treat for the neck, back and shoulders. Great for groups, parties, tournaments, office stress management and more. *Group rates available.

TREATMENT ENHANCEMENTS

During the massage +\$15

Aromatherapy Essence: Add Aroma oils to any Massage.

Negative Pressure Cupping: Soft rubber cups exert negative pressure to stubborn muscle areas; effective for circulation, lymphatic drainage, adhesions/scar tissue & pressure sensitive areas.

Hot Spot Stones: Add a few Hot Stones to a few target areas to warm up the muscles and melt the tension away!

UPGRADE PACKAGES

Added time & extra attention.

+15 min. \$30 +30 min. \$55

Scalp and Face: Add on a thorough Scalp Massage plus Facial acupressure points. Great for headaches and sinus pressure.

Reflexology Combo: Don't your feet deserve it? Add extra time to your massage to address reflex points on the feet!



TRADITIONAL THAI MASSAGE

90 min. \$180 2 hr. \$240

Traditional Thai Massage: (Nuad Boran) also known as Thai Yoga Massage. This treatment is done on floor mats, wearing loose clothing, (clothing can be provided). A complete massage incorporates compression, pressure points and stretching. The movements are slow and gradual to allow the body to relax into the pressure or stretch, adjusted to each client's personal needs and abilities. It focuses on full body movements, circulation, energy flow and large muscle groups with additional techniques to address problem areas. Good for improving flexibility, low back and leg tightness. Please advise the therapist of any medical conditions and problem areas.