

Chyrel's Massage Therapy

33 Park Street

Unit 3

Lee Ma 01238

\$125 for 60-minutes

\$175 for 60-minutes

Relax - relieves muscular tension, increases circulation and uses a combination pressure of light and firm. Relaxation massage is a gentle, holistic treatment that uses Swedish techniques to relieve those tight knots. It will trigger your body to release hormones like serotonin and dopamine. I promise you will leave feeling destressed.

Deep Tissue - can help relieve pain and stiffness by breaking down adhesions, or “knots”. Especially helpful for stiff necks, low back tightness, and sore shoulders! If you have a specific issue, then this can be a helpful part of your treatment plan.

Prenatal- Congratulations! You are creating the miracle of life. Prenatal is only performed after the first trimester. This therapeutic massage can help relieve discomfort, promote relaxation, and improve your overall well-being! It is similar to a Swedish Massage, but with modifications to ensure the safety and comfort of mother and baby!