



aromatherapy

aromatic essential oils soothe and restore; bringing balance back to the body and mind.

aromatic euphoria

This journey combines the power of pure essential oils with a specialized massage drawn from the traditions of both east and west, Alleviates stress in the nervous system; bringing the mind and body back into balance.

ayurvedic aroma massage

A rhythmic full body massage with a warm Dosh-Specific (Kapha/Pita/Veda) body Essential Oil Blend. Cleanses and nourishes the entire body.

emotional clearing

Pure Essential Oils are used to specifically balance the mind, emotions, inner conflicts, and issues of the heart.

heated stone massage

Allow your therapist to take you to a new level of inner peace. Using Essential Oils the body absorbs the warmth of heated Basalt Stones. Swedish Massage strokes penetrate muscles, relieving tension and stress.

raindrop therapy

Ten to twelve essential oils are layered throughout the spine and body to help lengthen and relax the spine. Excellent for Scoliosis and Osteoporosis Conditions.

reflexology

An ancient Chinese and Western technique that stimulates pressure points on the hands and feet to relieve tension and stress. It helps to balance the body's flow of energy in the corresponding reflexes to organs and glands, thus improving their functions.

Includes a FREE Aroma Foot Bath w/ Essential Oils prior to treatment.

shirodhara treatment massage

This extraordinary ancient ritual brings an overall sense of balance and peace to the mind and body. A stream of warm oil falls lightly onto the forehead and is then massaged into the hair and scalp, followed by a relaxing massage and a soothing, moist heat wrap.



relaxational

body pampering experiences, for the most intense relaxation.

chair massage

Sitting in a massage chair opens up the back muscles, relieves strain on the neck and provides a gentle respite for eyes usually glued to a computer monitor. Even 15 minutes of massage to the neck, back, arms and hands can increase circulation, returning energy levels and helping keep the body injury free.

cranio-sacral therapy

Cranio Sacral Therapy is increasingly used as a preventive health measure for its ability to bolster resistance to disease, and is effective for a wide range of medical problems associated with pain and dysfunction. including: Migraine Headaches, Chronic Neck and Back Pain, Motor-Coordination Impairments, Colic, Autism, Central Nervous System Disorders, Orthopedic Problems, Traumatic Brain and Spinal Cord Injuries, Scoliosis, Infantile Disorders, Learning Disabilities, Chronic Fatigue, Emotional Difficulties, and more.

deep tissue massage

Deep and focused movements incorporate Swedish, lymphatic and deep tissue techniques to reach down into the tissue where hidden tension may lie. Deep tissue massage is perfect for those under stress.

energizing massage

For a physical energy boost, try this unique massage. Specialized to stimulate the circulatory, lymphatic and nervous systems, leaving you feeling refreshed and invigorated.

manual lymph drainage

A light touch therapy, used to promote lymphatic drainage flow, activate fluid circulation, stimulate the immune system and sedate the nervous system. Reduces inflammation, toxins, allergies, acne, sinusitis, eczema, loss of vitality, chronic pain, insomnia, stress, cellulite, scarring due to pre/post surgery and burns.

relaxational massage

A deep and meaningful all over massage treatment designed to work on stiff, tight, fatigued muscles and joints. Involves specialized and intensive deep tissue techniques to warm, manipulate and ease the muscles.



therapeutic

healing massages, helping you to live Pain Free.

cerebral/spinal fluid massage

This head to toe therapy encourages optimal fluid movement to cleanse and nourish all tissues.

ki-method®

Ki Treatment opens energy blockages, removes toxins and negative energy, and recharges the body with vital energy.

medical massage

[Rx only]

For patients that have a prescription for therapy due to injuries from auto accidents, post surgery trauma, scars, inflammation, slip & fall injuries, or trauma to the Neuro-Muscular system, acute/chronic pain.

myofascial release

A technique that releases Myofascial constrictions that create pain, limit mobility and shorten muscles which affect daily activities.

neuromuscular massage

Acupressure and deep massage on specific muscle groups helps to release acute/chronic pain, trigger points, referred pain and increases mobility.

r.n.r. body work

Reconnects the body and mind, to resolve and relieve trauma and/or pain.

somassage / myopractic / s.e.t. work

Rebalances and realigns the skeletal/muscular armor of the body.

somato emotional release

A therapeutic process that helps rid the body and mind of the effects of past emotional-physical trauma.

structural integration

Works on the web-like complex of connective tissue (fascia) to release, realign and balance the whole body. It can resolve pain and discomfort from many different causes, including those related to the lingering effects of trauma, back pain, repetitive motion injury and aging.



alternatives

Find an Alternative that's Perfect for You.

athletic / sports massage

A tailored massage technique that targets specific areas and increases mobility. Excellent before and after physical activity to prevent injuries and help speed the recovery of strained muscles. A must for Golfers, Tennis players, Runners, Hikers, Cyclists, Swimmers, etc.

infant massage

We give your baby the treat of soothing strokes, which release birth trauma, tension and stress. Babies enjoy the healing touch that massage offers. Recommended for colic, constipation and for minor injuries sustained during their growing years.

pre / post pregnancy massage

Designed specifically for your special time, we nurture you and your baby in gentleness and support. Special cushions are used to provide ultimate comfort. You must be outside your first trimester to safely receive this treatment.

reflexology

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lymphatic mapping

An exam to identify the direction of lymph flow after surgery or physical trauma. Used in conjunction with Lymphatic Drainage Therapy.



More Services from Our Clinic & Spa

- ⊕ Nutritional Evaluations
- ⊕ LSA Nutritional Testing
- ⊕ Acupuncture & Electro-Acupuncture
- ⊕ Skin & Body Care
- ⊕ Weight/Inch Loss Management
- ⊕ Mental Balancing
- ⊕ Bio Cellular Analysis
- ⊕ Metabolic Testing
- ⊕ Blood Test Evaluations
- ⊕ Detoxifying Foot Spa Treatments
- ⊕ Light / Color / Sound Therapy
- ⊕ Mineral Make-Up Lessons /Application
- ⊕ Waxing / Sugaring and more!

Popular Brands We Carry

Frownies	GM Collin
Knutek	Lizette Eyebrows
Mineral Makeup	Nature's Sunshine
SeS Derma	Syence

Business Hours

Monday - Friday

9am - 6pm



INT Therapy Center

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INT Therapy Center



massage therapy

aromatherapy
relaxational
therapeutic
medical
reflexology
and more...

