

# Sirikoon

*Authentic Thai Massage*



*Schedule of Services*

*By Appointment 619-920-6832*

*Your massage professional will work with you to assess your needs and tailor the best massage experience for you.*

### **Traditional Thai Massage**

The Traditional Thai massage style uses palm, elbow, knee and feet to concentrate on pressure points of the body. Traditional Thai massage includes stretching to release tight muscles while improving blood circulation. Consider a Traditional Thai massage if you seek relaxation like the Swedish massage, but without hot stone and oil, and with clothes on.

30 minutes	\$45
60 minutes	\$80
90 minutes	\$110
120 minutes	\$160

### **Swedish Massage with Hot Oil And Stone**

Swedish Massage uses hot oil and stone style to remove muscle toxins, relax and relieve muscle tension while improving flexibility and circulation. Thai herbs are applied to add heat to tight areas. Consider a Swedish massage with hot oil and stone if you are looking to destress and relax, and don't want a deep tissue massage.

30 minutes	\$50
60 minutes	\$80
90 minutes	\$110
120 minutes	\$160

### **Deep Tissue Massage**

Deep Tissue massage is similar to Swedish massage but focuses on the deeper layers of muscle tissue, tendons and fascia, as well as addressing chronic tight muscle conditions. Hand and forearm techniques are used, and Thai herbs are applied to add heat to tight areas. Deep Tissue Massage focuses on sore muscles, and uses no oil or lotion. Consider a Deep Tissue massage if you have sore muscles from daily workout.

30 minutes	\$45
60 minutes	\$80
90 minutes	\$110
120 minutes	\$160

### **Aroma Therapy Massage**

Aroma Therapy massage uses combinations of strokes and acupressure techniques with no deep or hard massage. This soothing massage allows healing properties of natural oil to penetrate into the skin leaving your body and mind feeling completely relaxed. Consider an Aroma Therapy massage if you want to destress with a gentle massage and unwind after a long day of work.

30 minutes	\$50
60 minutes	\$80
90 minutes	\$110
120 minutes	\$160

### **Coconut Oil Scrub Massage**

A Coconut Oil Scrub Massage is perfect for creating luxurious skin. The natural coconut oil scrub gently exfoliates while oils moisturize and rejuvenate your skin. Consider a Coconut Oil Scrub massage if you want to enhance and moisturize your skin.

30 minutes	Not available
60 minutes	\$80
90 minutes	\$110
120 minutes	\$160

### **Thai Combination Massage**

The Thai Combination Massage uses Traditional Thai and Deep Tissue techniques. Palm, elbow, knee and foot techniques are used. Stretching to release tight muscles, improving blood circulation is included. Hot stone and acupressure therapy are incorporated to sooth deep tissue layers. Thai herbs are applied to add heat to tight areas. Consider a Thai Combination Massage if you want the benefits of deep tissue along with relaxation techniques.

30 minutes	\$50
60 minutes	\$80
90 minutes	\$110
120 minutes	\$160