

Is your massage rubbing you the wrong way?

Craving a blissful relaxation via feather-light strokes? Or maybe you're in need of a deep, invigorating rubdown to release some serious stress knots? Here's a break down of the massages offered here at Eclipse Hair Design & Day Spa, so you can pick which massage would suit you best...

Swedish

Pressure: light to medium

Technique: Think long, continuous strokes, which can be customized. Request a soft touch (to relax) or firm kneading (to work our kinks).

Hot Stone

Pressure: light to deep

Technique: Round, heated rocks are placed over sore spots to loosen muscles, then rubbed over the skin to relieve tension

Lomi Lomi:

Pressure: light to deep

Technique: A relaxing Hawaiian ritual in which experts use long sweeping strokes over the back and limbs.

Deep Tissue

Pressure: Deep

Technique: Therapists target specific areas that ache and use thumbs, arms and elbows to knead tight muscles.

To schedule your FREE consultation or for more information call ECLIPZE HAIR DESIGE AND DAY SPA at 945-1188 / 9167274.