



Pirate Wellness Center

21460 Overseas Hwy, MM 21.4, Cudjoe Key, FL 33042

Therapeutic Massage Menu

Deep Tissue Massage

Targets the deeper layers of muscle and connective tissue. Relieves muscle tension, increases circulation and range of motion. The Massage Therapist will apply a firm deep pressure. (30 or 60 minutes).

Neuromuscular Massage

Designed for people in need of specific ailments such as: Whiplash; Carpal Tunnel; Stiff Neck or Frozen Shoulder; Sciatica; Injuries and Post-op Surgery. (60 minutes).

Sports Massage

Perfect after any type of strenuous activity or vigorous work-out. Massage has become a necessary ingredient for a complete workout program, by helping you get into good shape faster, with much less stiffness or soreness. (60 or 90 minutes).

Pirate Massage

(For Our Over 60's)

This Massage can give benefit to many ailments such as: Increase in blood circulation; Speeding up of healing from injury or illness; and partial restoration of mobility lost due to Parkinson's disease or arthritis. (30, 60 or 90 minutes).



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Swedish Massage

This Massage can either be Relaxing or Detoxifying or .

A Relaxation Massage will help you unwind by using firm but gentle pressure. Great for easing muscle tension and is the perfect place to start if it is your first time. (60 or 90 minutes).

A Detoxifying Massage uses deeper broad pressure to stimulate the body's detoxifying organs and increase blood flow and oxygenation at the cellular level. Therefore reducing fatigue, poor circulation, weak immune function and skin conditions. (60 or 90 minutes).

Intuitive Healer Massage

Using techniques such as deep tissue and pressure point therapies (acupressure, trigger point and reflexology), energy work, sound and aromatherapy, we focus on healing at all levels: body; mind and spirit. (60 minutes).

Mom-to-be Massage

Becoming increasingly popular with expectant mothers, this is a gentle pre-natal massage to relieve those pregnancy aches such as lower back pain, sciatica, fatigue and water retention. (30 or 60 minutes).

Prices

30 minutes \$60, 60 minutes \$90,
90 minutes \$120

Ask your Massage Therapist for details on other areas or injuries.

Call for an Appointment
305-744-3348

Gift Certificates Available

Visit us at
www.piratewellnesscenter.com

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