



Massage Services Pricing Guide

Facial Massage (30 minutes only) **** NEW****

A specialized, rejuvenating massage to relieve pressure and improve circulation to the face. Relieves facial tension and pain - unraveling the stresses of the day. Enjoy overall physical and mental relaxation as you notice improvements in your muscle tone and skin health.

30 minute treatment: \$100

Deep Conditioning Scalp Massage (30 minutes only)

Using heated jojoba oil, we gently massage our way through your entire scalp. The oils promote health and vitality to your hair while the massage will encourage circulation to your scalp. Aromatherapy can be applied separately to leave you with a lasting impression.

30 minute treatment: \$100

Reflexology (30 minutes only)

By using the thumb and fingers to stimulate nerve endings in each foot, reflexology improves circulation and lymphatic flow. By helping relieve stress and tension, reflexology is helping the body heal itself by restoring balance.

30 minute treatment: \$90

The Jewel (30, 60 or 90 minute treatments)

In the heart of La Jolla, Spanish for "The Jewel", experience a soothing and therapeutic massage that will leave you feeling wonderfully rejuvenated.

30 minute treatment: \$90

60 minute treatment: \$125

90 minute treatment: \$170

LJBTC Signature Sports Massage (30, 60 or 90 minute treatments)

Promote optimal athletic performance and accelerate recovery time with Deep Tissue, Russian and Tui-Na massage, incorporating slow, brisk, light movements, stretching and specialized protocols.

30 minute treatment: \$90

60 minute treatment: \$125

90 minute treatment: \$170

Neck, Back & Shoulder Massage (30, 60 or 90 minute treatments)

Target the sore and tight muscles in the upper region of the body with a combination of the finest Swedish and Deep Tissue massage.

30 minute treatment: \$90
60 minute treatment: \$125
90 minute treatment: \$170

Pregnancy Massage (30, 60 or 90 minute treatments)

Nurture the mother-to-be with this gentle and effective massage intended to ease the discomforts of pregnancy, while helping expectant moms savor this special time in their lives.

30 minute treatment: \$90
60 minute treatment: \$125
90 minute treatment: \$170

Adding aromatherapy or a deep tissue massage is \$10 extra

Zestful Spindrift- an uplifting and rejuvenating mixture of orange, ylang ylang, and vanilla oils are sure to excite the senses.

Serene Moments- the soothing properties of chamomile oil provide a great calming escape.

Inspirational Sunset- refreshing lavender helps aid restoration of the body's natural balance.

Luminous Sand- improve your bodies performance potential with this lemon grass & sage oil combination.

(858) 551.4681 or Massage@LJBTC.com