



**SITZMARK**  
VAIL

## **M A S S A G E   T H E R A P Y**

### SWEDISH

full-body treatment relying on stroking, kneading and tapping to relax the body

### SPORT

focuses and systematic massage targeting specific areas to increase flexibility

### DEEP TISSUE

sustained deep pressure massage to target muscles and connective tissues

### **PRICING**

60 minutes	\$240
80 minutes	\$295

### **ADD ONS**

CBD Oils	\$20
Cupping	\$45