The Wellness Cottage

•MENU AT MEMORYTOWN •

The Cottage Signature R&R Massage
Choose a relaxation Aroma. A light to medium swedish style massage is provided to help you relax and rejuvenate.
$110 / 55 minutes

Focused Hot Stone Massage
CHOOSE your FOCUS Focused time can be spent on your upper body neck, back and shoulders or lower body, legs, low back and feet. We incorporate warm stones to help melt tension. This is not a full body massage.
$135 / 55 minutes

Gua Sha massage
Deeper tissue massage without the pressure -Gua Sha stones help to loosen tight and restricted areas gently. This technique also flushes lymph to boost immunity & release myofascial restrictions to promote ease of movement.
$135 / 55 minutes

Immune Builder
Reducing stress and anxiety can help build your immune system. We use an immunity blend essential oil to help you rest, relax, recover & refresh. We provide a full body medium pressure massage to help clear lymph and reduce muscular tension.
$125 / 55 minutes

Mommy & Me Pregnancy Massage
Massage for the mom to be! A gentle massage which will require extra support and side lying positions for safe practices. Relax as a light massage helps to relieve back and joint pain. Some contraindications may apply. Massage can be provided between 12 - 36 weeks. $125 / 50 minutes

Sound Healing
Sound healing therapy uses aspects of music to improve physical and emotional health and well-being. During this session, quartz crystal singing bowls, gongs,tuning forks, chimes and other instruments produce a matrix of healing energies that are used to induce relaxation, expansion, clearing, and rejuvenation on every level of your being. $135 / 55 minutes

Reiki

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by “laying on hands”and is based on the idea that an unseen “life force energy” flows through us and is what causes us to be alive. Reiki helps to remove the blockages; it helps to alleviate physical pain, reduce your stress and anxiety, and calms your mind.
$110 / 45 minutes

Reiki Massage

We integrate healing Reiki along with light massage therapy. $135 / 55 Minutes

Yoga / Meditation During our session, we will lead you through low-impact sequences of poses done at a slower pace, connected with breath, and a guided meditation, specifically designed for you and your physical and emotional needs.
$110 / 55 minutes

Crystal Healing Massage

We will discuss your emotional stressors and choose crystals to support your healing journey. You will receive a Swedish massage, then we will place crystals on and around you to enhance their healing abilities along with Reiki.
$125 / 55 minutes

An 18% Gratuity will be added to all services at time of booking.

Cancellation Policy and Important information:

We require a credit card deposit to hold your appointment. There is a 50% late cancellation fee & 100% no-show fee.
WE NEED 24 HOUR NOTICE IF YOU MUST CANCEL SO WE CAN ACCOMMODATE ANOTHER CLIENT.

CLIENT MUST BE 18 years old or must be accompanied by a parent or legal guardian.

Due to COVID-19 some restrictions will apply.
Treatment times are reserved especially for you. As a courtesy to other guests, late arrivals will only receive their remaining available appointment time.
COVID-19 Communication
“I understand that close contact with people increases the risk of infection from COVID-19. By accepting this appointment, I acknowledge that I am aware of the risks involved and give consent to receive massage from this practitioner.”

“I understand that my name and contact information might be shared with the state health department in the event that a client or practitioner at this facility tests positive for COVID-19. My contact details will only be shared in the event they are relevant based on suspected exposure date, and only for appropriate follow-up by the health department.”

FOR THE PROTECTION OF ALL:
Pennsylvania LAWS REQUIRE CLIENT & LICENSED MASSAGE THERAPIST TO WEAR A FACE MASK AT ALL TIMES DURING TREATMENT AND TO SOCIAL DISTANCE at 6 FEET when not providing massage therapy or any treatment.

YOU WILL NEED TO HAVE YOUR MASK TO ENTER THE WELLNESS COTTAGE AREA TO RECEIVE YOUR SERVICE.

Enjoy your services while relaxing in the Pocono Mountains, an experience to calm your MIND, BODY & SPIRIT

Please check Memorytown website and Facebook for services & updates. All COVID restrictions will be inplace.
All services are provided by Corporate Health Connection, Llc. ***Call 570-350-6412*** *to Schedule.*

https://www.memorytownusa.com/