



Enhance your yoga practice and personal wellness with massage. Nurture yourself with a deep relaxation massage, or find relief from injury and overuse with a therapeutic massage. Together we will work to achieve the goals of your massage session.

Choose from the following:

Relaxation Massage – 1 hour - \$70.00

This basic relaxing massage helps relieve stress, muscle tension and soreness while increasing circulation. Good circulation promotes healing by removing waste products and bringing nutrients to your tissues.

Therapeutic Massage – 1 hour - \$75.00

This massage provides a blend of trigger point therapy and deep tissue massage to help release muscle spasms, chronic pain and tissue congestion with a focus on your area of complaint.

Aromatherapy Massage – 1 hour - \$75.00

A treat for the body and senses. Add the benefit of essential oils to your massage. Choose from lavender, peppermint, or lemon, as well as blends specific for muscle strain, relaxation and well being. Oils are added to the massage lotion and not applied directly to the skin.

To schedule, please call Kristin at 215-589-0757



About the Therapist:

Kristin Tomlinson is a certified massage therapist specializing in deep muscle therapeutic massage, as well as a long time yoga practitioner and teacher. Kristin holds certificates in deep muscle therapeutic massage, trigger point therapy, repetitive use injury, as well as yoga teaching certifications. She graduated from the School of Body Therapies in Yardley, PA., and is a member of the American Massage Therapy Association.