

Vital Health Menu

DOCTORS

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Chiropractic - Realignment of the spine

Promotional Cash Rate - New Patient \$55

Established \$50

Acupuncture - The balancing of the internal energy called "Chi"

Promotional Cash Rate - New Patient \$70

Established \$65

Chiropractic and Therapeutic Massage - New Patient \$105 Established \$105

Acupuncture and Therapeutic Massage - New Patient \$125 Established \$115

Hands on Healing

Weight Loss Program

Customized Toxic

Load Reduction

Reflexogy - hand and foot

St. John

Neuromuscular Therapy

Reiki - Energy Healing

Bio-energetic

Balance - PKP & TFH

Detoxification Foot Bath

EEG

Neurofeedback

Clinical Aromatherapy and Homeopathy

Cash Packages Available For All
Above Services!
CALL TODAY!

310-832-4476

www.vitalchiropracticcenter.com

Therapeutic Massage Menu

All massages below offered in 60 min/90 min/120min sessions
Starting \$55

Swedish - Esalen Massage

A hands-on full body massage of medium pressure. A special method combining long effleurage strokes, kneading, gentle rocking and friction techniques to relieve muscle tension, stimulates circulation, increases serotonin levels, improves muscle tone and promotes total mind and body relaxation.

Deep - Tissue Massage

A firm-pressure therapeutic massage. Helps alleviate pain, muscle spasms, stress, inflammation and tissue damage. Great for anyone with soft tissue problems that produce any discomfort or pain.

Hot Stone Massage

Penetrating heat from smooth oiled and warmed stones is used to relieve tense muscles and sore joints. Combined with Swedish and/or Shaitzu techniques, this creates an unforgettable, thoroughly relaxing experience.

Sports Massage

A therapeutic massage that includes stretching and compression techniques. Rehabilitates soft tissue dysfunction that can result from physical labor, lifting weights or sports-related injuries. Promotes flexibility, reduces swelling, relieves muscle tension and alleviates muscle fatigue.

Essential Oil Massage

An unforgettable sensory balancing experience within a Swedish and/or Deep-Tissue massage to achieve accelerated healing through the power of aromatherapy. Choose a luxurious massage oil blend and/or essential oil spot treatments to produce profound relaxation, detoxification and energy balance. Excess oil is yours to keep!

Prenatal Massage

A gentle massage geared to relieving the muscle cramps, spasms and pain often encountered in the lower back, neck, hips and legs during pregnancy. Safe semi-reclined and

side to side body positioning with body pillows for extra comfort.

Energy Balancing Massage

All massages help to balance your energy, but we precede this one with a basic Touch For Health 14-muscle balance which targets the major energy circuits of your body to optimize your health structurally, nutritionally, mentally/emotionally as well as energetically.

Seated Chair Massage - \$1 per minute

An efficient, fully-clothed massage that improves circulation, stimulates muscles and reduces tension in the back, neck and shoulders.

Raindrop Therapy Massage

Deeply relaxing therapeutic session utilizing a sequence of nine highly immune enhancing therapeutic-grade essential oils, massage, vitaflex and a moist heat pack. Oils are dropped like rain along the spine and lower legs, effectively targeting specific health problems and promoting energy balancing.

Body Buffing Massage

Renew and revitalize your body with a stimulating treatment using our special natural-bristle body brush followed by a moisturizing and relaxing massage. Its dual benefits: greatly improves circulation and energy flow while exfoliating the skin, leaving it feeling smooth, soft and glowing. Especially beneficial along with a general detox program, it will relax both body and soul. Your brush will be yours to use at home!

**Check The Website or Ask the Staff For
Specials Massages of the Month!**

Special Massages of the Month!

Massage With Reflexology

Enjoy a full-body relaxing massage with a 20 minute reflexology mix at the end.

Shiatsu Massage

Neurolymphatic Massage

The lymphatic system is your body's internal drainage mechanism, and when it fails to operate as it should, you will retain water and waste products leading to high toxic load and general unwellness. This massage targets the neurolymphatic reflexes to stimulate

release of lymphatic fluid from the tissues. Muscles

relax, excess fluid drains, and blocked energy channels open and flow.

Neuromuscular Therapy

A system of therapy unto itself, NMT targets pain due to ischemia (lack of circulation), trigger points, myofascial adhesions and nerve impingement. It is highly detailed, releasing each individual muscle involved in the pain pattern, utilizing unique methods as well as standards such as myofascial release and trigger point work.