

# Charlotte Bodywork

Adonna Pruette  
Massage Therapist  
Charlotte, NC

Since 1999  
704-491-4799

## Therapeutic Massage

My exclusive eclectic blend of massage techniques will be chosen specifically to suit your body's unique needs on the day of your appointment. A blend of neuromuscular therapy, thai massage, passive stretching. This session includes the therapeutic application of hot towels to the areas of your body that will benefit the most.

- 60 min. \$75
- 90 min. \$110

## Swedish Massage

- 60 min. \$75
- 90 min. \$110

## Hot Stone Body Massage

- 90 min. \$125
- 120 min. \$175

## Pregnancy Massage (Pre or Post Natal Massage)

- 60 min. \$75
- 90 min. \$110

## Bodywork Rituals:

Sometimes we all need something just a bit extra special to help jolt us out of the place we have managed to get ourselves into. I have designed these exclusive ritual sessions to do exactly that.

## Signature Massage:Freestyle Bodywork Session

\$295 for three hours

Sometimes you just don't know what you need but you know that you need something big. This session is all about therapeutic choices. After an initial consultation with you, I will custom design a three hour session designed to fit most if not all of your body's needs that day. This is an all inclusive session. It could possibly include: aromatherapy, therapeutic body butters, multiple hot towel applications, hand wraps, foot wraps, detailed facial massage, detailed foot massage, detailed hand massage, specific hot/cool stone work, etc..

## "Love You Mommy" Package

\$340

I have specially designed this package for expectant or new moms to help them at a time in their lives when they could really use it the most. Being an expectant or new mom is stressful and tiring! Including but not limited to a suddenly changing body, major lifestyle changes, no sleep, fatigue, insomnia, that aching back, tired feet, dry skin and hands! Oh yeah, no stress there. You gotta be kidding me???

Well after having been through all of that myself, I designed this package to help all of those issues where possible. It reduces stress, includes sprinkling of pampering and caring attention, relieves fatigue / insomnia, reduces swelling and includes therapeutic techniques where and when warranted. Includes a free consultation about any problems or concerns the expectant / new mom may have and tips for appropriate self-care at this special time.

## Add Ons

### Shea Butter Wrap

Pure, unrefined, 100% shea butter is melted and then applied to your hands and forearms then they are wrapped and covered with hot towels for 15-20 minutes while this miracle of nature goes to work calming and hydrating your skin.

- Shea Butter Hand Wrap \$20
- Shea Butter Foot Wrap \$20

### Japanese Facial/Scalp Massage

- \$20 for 15 min. of detailed therapy for the face and scalp.
- \$40 for 30 min. of detailed therapy for the face and scalp.

### Japanese Hot Stone Foot Massage

- \$60 for 30 min. of pure bliss that awaits your feet with this amazing session add-on.