

## General Information

- Simply Relax is located just north of 13th Ave, West Fargo, at 1207 Prairie Parkway inside “The Clinic” (Neighbor to Dr. Dye’s office).
- Restrooms are located out in the front entrance as you arrive.
- Please arrive 10 minutes early for your first appointment to fill out information about your health. You may also go to our website [www.simplyrelaxnd.com](http://www.simplyrelaxnd.com) to download the form and fill it out before you arrive.
- For easy, convenient scheduling, book your appointment online at our website: [www.simplyrelaxnd.com](http://www.simplyrelaxnd.com)
- Gift Certificates may be purchased online at our website, with your therapist, or by phone request.
- Your appointment is a time *especially* for you. If you need to cancel, we request that you please give us notification **8 hours** in advance so that we may re-book the appointment. Any no-shows, or missed appointments will result in billing the client at the half current rate.

\*The value of services are subject to change. The client will be responsible for any or all differences in pricing.

## CONTACT INFORMATION

### HOURS:

MORNING, AFTERNOON, EVENING  
APPOINTMENTS AVAILABLE  
7 DAYS A WEEK  
HOURS WILL VARY BASED ON INDIVIDUAL  
THERAPISTS AVAILABILITY



To Schedule an appointment visit  
[www.simplyrelaxnd.com](http://www.simplyrelaxnd.com) or  
Email: [simplyrelaxnd@gmail.com](mailto:simplyrelaxnd@gmail.com)  
701-356-8100 Office

*Gift Certificates are also  
available for purchase online at  
our website or with your  
therapist*



*Simply Relax*  
Therapeutic Massage



*May you leave feeling  
Restored, Rejuvenated & Relaxed in  
Mind, Body & Health*

## Menu of Services

Prices are based on therapist experience

### Relaxation:

**(60 min)** \$55-65 **(90 min)** \$80-90

A gentle, relaxing full-body massage. The combination of long, smooth and rolling strokes that helps to achieve full body balancing.

### Craniosacral Massage:

**(60 min)** \$ 55

Craniosacral therapy is a very subtle therapy to help rebalance the cerebrospinal fluid that flows from the brain to the spinal cord. The therapist will use light pressure to "hold" certain areas of the body to release restrictions from your feet to your head. This therapy has been known to help TMJ, dizziness and headaches along with other chronic pain conditions.

### Deep Tissue:

**(60 min)** \$55-65 **(90 min)** \$80-90

A full body massage designed to energize and restore the musculature of the body. This massage provides relief from chronic tension and muscle pain.

### Hot Stone:

**(60 min)** \$65 **(90 min)** \$90

This type of massage is done with the use of smooth, flat, hot stones. Clients find this very relaxing, as most people enjoy the heat which helps the muscles to release.

### Pregnancy:

**(60 min)** \$55-65

A relaxing full-body massage designed especially for pregnant women. Special attention is given to the future mother's condition, which allows the relief from tension and discomfort of pregnancy.



### Medical Massage:

**(60 min)** \$55-65 **(90 min)** \$80-90

Provides care for individuals with medical concerns to relieve symptoms & discomfort. Some common medical conditions: TMJ, Headaches/migraines, sciatic nerve pain, carpal tunnel & fibromyalgia.

### Integrated Massage Cupping:

**(60 min)** \$65 **(90 min)** \$90

This therapy combines massage with the use of massage cups that uses suction and negative pressure to achieve powerful results. It stimulates the skin by increasing circulation and promotes new blood flow to the area. Results include less pain & better range of motion.



## Specialty Services

These services involve special pricing

### Ashi-Thai Massage:

**(60 min)** \$80 **(90 min)** \$120

Ashi Thai massage uses stretching and compression done solely by the feet. The goal is to open up the energy lines that run along your body and elongate the muscles to relieve tightness in common areas of the body. It's modification is designed with the use of bars suspended from the ceiling for the therapist's balance. This massage is done with clients fully clothed and no oils or creams will be used.

**Clients need to wear or bring to your massage, yoga type clothing (long sleeve shirt and pants).**

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### Couples Massage:

**(60 min)** \$140 per couple

A perfect experience to share with a significant other or a friend who has never experienced the healing benefits of massage and relaxation. Couples will share a private room for this dual therapeutic session. It is great for special occasions such as birthdays, anniversaries or just for fun.

### Essential Oil Wellness Treatment:

**(60 min)** \$60-70 **(90 min)** \$85-95

Essential oils have been used for many years for their medicinal and emotional properties. In this massage, clients will choose a treatment that is needed for their current state of health. Options include: Headache Relief, Calm My Muscles, Unwind the Mind, Breathe Easy, and Pep Me Up

### Raindrop:

**(60 min)** \$80

Raindrop treatment uses 10 different essential oils that are placed along the feet, back and spine. Each oil has a specific role as it penetrates into the skin, flushing the body of toxins and promoting wellness.

### Corporate Chair Massage:

**(call for pricing and availability)**

Chair massage is a style of seated massage that is typically short -- 10 or 15 minutes -- and focuses on your back, shoulders, neck and arms. Chair massage is done over clothes and doesn't require any massage oil. This type of massage is generally used by corporations/organizations as a preventative health tool or during special events such as trade shows, conventions or other special occasions.