

Cold Stone Migraine Massage

Ice cold marble stones placed over your face, head and neck soothe tension and help to minimize the prolonged pain of migraine and chronic headache.



Targeted Pain Relief

This unique modality focuses only on head, face and neck in order to target accumulated tension in this area of the body.



What to Expect

- Brief verbal assessment with your therapist
- Option to use essential oils to help assess potential migraine triggers
- Soothing acupressure followed by placement of ice cold stones on the face & neck. No need to disrobe.
- 10-15 minutes of quiet stillness to rest & reset your nervous system



Benefits

- Relief from headache symptoms
- Minimized symptoms of prolonged migraine
- Possible avoidance of migraine onset if cold stones applied at time of trigger
- Ease of head, neck & jaw tension
- Possible discovery of migraine triggers

Pricing Options

Due to the structured nature of this service, a 50 minute service is required. Adding cold stone placement at the end of a standard massage as an enhancement is also available.

50 minutes ... \$80
Enhancement ... \$10

