



Green Street Massage is locally owned by Lily & Christopher Brenneck, Jamaica Plain residents of 15 years. As we are all part of the community Green Street Massage will take into consideration the economic situation of any client with special needs.

We greatly appreciate your business.

183A Green Street
Jamaica Plain, MA 02130
617-942-0149
www.greenstreetmassage.com

Deep Tissue Massage A combination of massage techniques designed to reach the deeper muscles layers in order to relieve pain, chronic muscle tension and aid in recovery from injury.

60 Min session \$95

Hot Stone Massage Heated, smooth and round stones are placed on the body in combination with acupressure and Swedish relaxation techniques in order to relieve muscle tension and stress for full body relaxation.

60 Min session \$120

Swedish Relaxation Relaxing long, light to moderately deep strokes help melt the whole body and increase circulation. If you want to feel like a polished stone, or just need some pampering; then you will love Swedish massage.

60 Min session \$85

Aromatherapy Massage A traditional full body massage combining Swedish and Myofascial release techniques with essential oils picked especially for you to enhance the massage and rejuvenate the soul.

60 Min session \$95

Pregnancy Massage Let us help you feel more comfortable while creating a new life. Pregnancy massage improves circulation, minimizes back strain, and reduces lower leg swelling. This treatment is therapeutic before, during, and after pregnancy.

60 Min session \$85

Myofascial Release Utilizing long, stretching strokes, Myofascial release helps to unwind compensation patterns due to injury, stress, and postural imbalances.

60 Min session \$85

Myofascial Yoga Therapy Combines Rolfing and Myofascial release techniques. This massage is deep and designed to restructure postural patterning and remove scar tissue from injury, repetitive strain and compensation patterns due to over use.

60 min session \$95

Meditation Therapy Learn simple breathing, visualization, and other meditation techniques to help deal with stress and gain a greater understanding of oneself. Meditation can help in recovery from a wide variety of physical, emotional, and physiological issues.

60 Min session \$60

Sports Massage Combines deep strokes with stretching and trigger point release techniques to shorten and aid in recovery between workouts. Increases flexibility and removes adhesions for strong healthy muscle.

60 Min session \$95

Personalized Fitness Training Have a personalized fitness program built specifically for your body type, fitness and flexibility level. Using holistic approaches to exercise and nutrition we work together to develop an exercise plan that can be done in home, at the park, or on the road. Programs can be designed to help you lose weight, build strength, prepare for competitions, recovery from injury, overcome pain, or manage a chronic condition.

Call for free consultation.

Personal Yoga Training Have our highly trained an experienced yoga teacher design a personalized yoga series to help you reach your strength, fitness and flexibility goals. Set up a free consultation to tailor a yoga practice exactly for your special needs. Create a yoga practice for 20 mins a day that you can take on the road and keep you pain free. Also good for beginner yogis who want to go deeper learn correct alignment and modifications for injury and inflexibility.

60 Min session \$90

On-Site Massage Have a Green Street Therapist come to your home or office. Couples massages are available for Holidays, anniversaries, or just to relax. Have chair massage set up in your office as a reward for your employees, a proven way to increase productivity. Therapists are also available to help with sporting event preparation and recovery. Having a party? Therapists can set up on location as a special treat for your family and friends.

Table Massage at \$125/hr

Chair Massage at \$95/hr

Hospital Visit at \$125/hr