



PERENNIAL WELLNESS

Massage Services and Bodywork Therapy

16105 N Florida Avenue Suite A
Lutz, Florida 33549

R & R 60MIN

Light to firm pressure, combination of neuromuscular, hot towel & effleurage therapy. Helps to loosen muscles, enhance sleep patterns, calm anxiety & detoxify blood – \$89

THERAPEUTIC 60MIN

A combination of medium to deep pressure, stretch therapy, trigger point release and neuromuscular using advanced techniques. Helps relieve chronic pain due to incidents, injuries, or posture imbalances – \$119

B.O.B. 60MIN

Baby on Board! Prenatal massage using medium to firm pressure using a combo of effleurage, cross fiber friction, aromatherapy & gentle compression. Reduces pressure and strain on sore muscles & joints. Also reduces stress and anxiety – \$119

ESPN 60MIN

Sports massage – a combination of PNF & MET, trigger point release, medium to deep pressure, neuromuscular therapy, transverse friction, mechanical tools, heat and stretch therapy using sports medicine techniques. Helps prepare for or recover from sports events or workouts. Restores pliability & mobility back into joints & muscles. Reduces recovery time – \$139

R & R BUNDLE

Book 3 - 60min Rest & Relaxation services & save 15% - \$227

B.O.B. BUNDLE

Book 3 - 60min Prenatal Massages & save 15% - \$300

R & R 90MIN

Light to firm pressure, combination of neuromuscular, hot towel & effleurage therapy. Helps to loosen muscles, enhance sleep patterns, calm anxiety & detoxify blood – \$119

THERAPEUTIC 90MIN

A combination of medium to deep pressure, stretch therapy, trigger point release and neuromuscular using advanced techniques. Helps relieve chronic pain due to incidents, injuries, or posture imbalances – \$149

B.O.B. 90MIN

Baby on Board! Prenatal massage using medium to firm pressure using a combo of effleurage, cross fiber friction, aromatherapy & gentle compression. Reduces pressure and strain on sore muscles & joints. Also reduces stress and anxiety – \$149

ESPN 90MIN

Sports massage – a combination of PNF & MET, trigger point release, medium to deep pressure, neuromuscular therapy, transverse friction, mechanical tools, heat and stretch therapy using sports medicine techniques. Helps prepare for or recover from sports events or workouts. Restores pliability & mobility back into joints & muscles. Reduces recovery time – \$169

THERAPEUTIC BUNDLE

Book 3 - 60 min Therapeutic Massages & save 15% - \$300

ESPN BUNDLE

Book 3 - 60 min Sports Massage service save 15% - \$355