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Tammy Foss, LMP/CMT and Clinic Owner 425-558-9441

It is My First Visit - Cash Only
*One use per client. Cash or Check Only. \$49

Acupuncture -

We do not currently have an in-house acupuncturist but we do have recommendations. Give us a call!

Insurance covers Therapeutic Massage

15 minute - 50 minute sessions are billed to your insurance. Please check your plan to determine if you need a referral/prescription. \$120-\$180/hr. is billed in 15-minute increments.

Kneady Feet - 30 Minute Foot Massage

30 minute foot massage \$35

Kneady Head - 30 Minute Scalp Massage

\$40

Knead it Fast! - 30 Minute Deep Tissue

\$45

Knead to Relax and Revive - 60 Minute Massage

Integrated session may include shiatsu, myofascial release, lymphatic drainage and more. \$75

Knead to Relax and Revive - 90 Minute Massage

\$105

Knead to Relax and Revive - 120 Minute Massage

\$120

Knead to Stop the Pain - 60 Minute Deep Tissue

Deep Tissue and Trigger Point integrated session focuses on reducing pain and increasing circulation to specific areas. \$85

Knead to Stop the Pain - 90 Minute Deep Tissue

\$115

Knead Energy - 60 Minute CranioSacral

\$75

Kneading with Rocks - 90 Minute HotStone Massage

\$135

I Knead Shiatsu: 60 Minute Acupressure - Clothed

\$65

Additional Spa Services now offered by Deirdre:

Knead a Facial - 45 Minutes

\$60

Knead a Facial - 75 Minutes

\$80

Rejuvenating Mud Wrap - 75 Minute

\$90

Dead Sea Salt Body Body Glow - 45 Minute

\$55

Aromatherapy Oil Wrap - 45 Minute

\$60

Facial Waxing

\$15+

Body Waxing

\$25+

Also offered: Lash and Brow Tints and Chemical Peels