

About Us

Living Light Massage & Wellness Center, Traverse City's leading massage therapy center, is home to a highly trained and talented group of certified massage therapists who are dedicated to helping clients maintain their health and achieve a more balanced lifestyle. Living Light attends to those who are looking for a professional, dependable and convenient massage center - one that can become part of their overall wellness program.

Our downtown location is beautifully decorated with a warm and tranquil atmosphere and has six treatment rooms with onsite parking. To meet the needs of today's busy lifestyle our center is open 7 days a week with same day appointments available. Appointments can be scheduled for individuals, groups as well as special events.

Whether you are looking to find a sense of balance and tranquility or relief from chronic pain and tension Living Light can meet your massage therapy needs

Massage Therapy is More Than a Luxury...

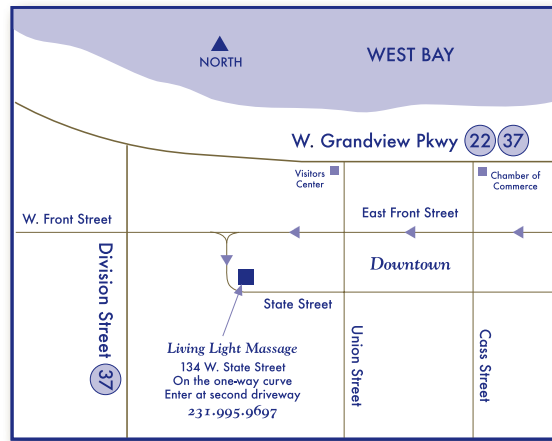
Massage therapy reduces key issues that can lead to health problems. For the cost of a dozen lattes or one nice meal out you can get a massage and invest in your health. We strive to make massage therapy affordable by offering a variety of savings options.

Ways you can make regular massage affordable:

- Visit website to sign-up for exclusive email offers
- Earn free massage with a frequent massage card
- Purchase a series of sessions at a discounted rate
- Refer friends & family to receive massage credits



A gift card from Living Light is the perfect gift for anyone!



Living Light

MASSAGE & WELLNESS CENTER

134 West State Street
Traverse City, Michigan

WWW.LIVINGLIGHTMASSAGE.COM

OPEN 7 DAYS A WEEK

Monday - Saturday 8-9 Sundays 9-5

231.995.9697



Living Light

MASSAGE & WELLNESS CENTER

Menu of Services



Traverse City's Leading Massage
Therapy Center

EXPERIENCE RELAXATION, REJUVENATION & HEALING

Relaxation Massage

De-stress and unwind during this full-body massage, personalized to meet your individual needs. Our relaxation massage will realign and soothe your body through medium pressure and precision, transporting you to a tranquil state of relaxation.

30 Min - \$50 60 Min - \$75 90 Min - \$105

Deep Tissue Massage

Rid your body of tension, release tightness and find relief from chronic and acute pain caused by injury or overworked muscles. This therapeutic massage focuses on deeper problem areas, with greater pressure applied during the massage. Your massage therapist will adjust the pressure appropriately to accommodate your comfort level.

30 Min - \$55 60 Min - \$80 90 Min - \$110

Hot Stone Massage

The healing power of heat is combined with traditional massage techniques, enhancing relaxation, circulation and the healing process. Tension melts away as hot stones are used over the entire body, radiating deep into tight muscles and bringing your body into a state of deep relaxation.

60 Min - \$85 90 Min - \$115

Sports Massage

Improve your athletic performance and reduce the risk of injury with a combination of deep tissue massage, stretching and compression techniques. This massage reduces muscle pain and joint soreness, increases flexibility and speeds recovery from injuries or overworked muscles.

30 Min - \$55 60 Min - \$80 90 Min - \$110

Pregnancy Massage

Find relief and relaxation during all stages of your pregnancy with one of our highly trained pregnancy massage therapists. Massage during pregnancy is a gentle and nurturing way to alleviate the discomfort associated with this joyful, yet physically challenging time in a woman's life. A specially designed table allows you to lie face down while supporting the belly, helping you feel secure and comfortable. Receiving massage during pregnancy promotes health and well-being for you and your baby.

30 Min - \$50 60 Min - \$75 90 Min - \$105

Duet Side-by-Side Massage

A soothing massage for two: Couples, friends or family members all benefit from the therapeutic results of massage while experiencing relaxation and rejuvenation together, side by side in the same treatment room.

60 Min - \$170 90 Min - \$230

Ashiatsu Oriental Bar Therapy

Experience deep relaxation, pain relief, improved posture and increased physical balance. Adapted from ancient Eastern barefoot massage techniques, Ashiatsu utilizes deep compression and gliding techniques providing even, deep pressure on the body without pain. This treatment is highly effective for those who suffer from chronic neck and back pain or spinal issues, as well as for athletes and those who enjoy deep-tissue massage.

30 Min - \$55 60 Min - \$80 90 Min - \$110

Reiki Energy-Balancing Therapy

Restore the equilibrium of your body and mind. This specialized treatment brings balance by clearing up stagnant areas in your energy field through Reiki/energy work and massage techniques. The healing art of energy work is practiced in many cultures around the world for stress reduction, relaxation and promotion of healing.

30 Min - \$50 60 Min - \$75 90 Min - \$105

Thai Yoga Massage

Thai Yoga Massage was originally developed in Buddhist temples and has been practiced in the East for centuries. Thai Yoga Massage is a fusion of acupressure, energy work and yoga-like stretching. The practitioner guides the recipient through a series of yoga postures while incorporating various massage techniques. This comprehensive full-body treatment relieves muscular tension, improves circulation, boosts the immune system and balances the body both energetically and physically. This treatment is performed fully clothed on a floor mat. Comfortable and flexible/exercise clothing is recommended.

60 Min - \$80 90 Min - \$110

On-Site Massage for Groups

We provide professional on-site massage for special events, celebrations, group gatherings and families. Our therapists utilize mobile massage tables or chairs and can accommodate your specific scheduling requests.

Please call for a quote.

Corporate Chair Massage

Enhance the performance and health of your company's most important asset - its employees. Studies have proven that chair massage in the workplace increases employee productivity, decreases stress and improves concentration and morale.

Please call for a quote.

Cancellation Policy

Please provide 24 hours' notice if you must cancel or reschedule an appointment. You will be billed 50% of the reserved services should you cancel or change your appointment with less than 24 hours' notice. Failure to show for appointments will result in a 100% charge for reserved services.