



HEALING MOUNTAIN MASSAGE SCHOOL

HEALING MOUNTAIN MASSAGE SCHOOL is the only school in the western United States that both teaches its students massage & spa treatments, and allows them to practice and strengthen their massage & spa skills in a live day spa at half the going rate.

The spa treatments we offer are centuries old techniques, some of which have been handed down from ancient Greece to the Romans who spread their knowledge & skills of hydrotherapy throughout Europe.

It is the students & our pleasure to provide a total retreat for your senses. We offer services designed specifically to refresh body, mind & spirit. Our trained staff will assist you in your choice of services geared for health & wellness.

Please, share the news about the best kept secret in UTAH. Tell your friends, family & coworkers about:
Paradise@1/2 the Price!

NORTHERN UTAH CAMPUS:

363 South 500 East, #210, SLC • 801-355-6300, ext. 1

SOUTHERN UTAH CAMPUS:

297 No. Cove Drive, CEDAR CITY • 435-586-8222



We accept: VISA • MC • AMEX • DISC
www.healingmountain.edu
www.healingmountainspa.com

massage & bodywork

Student Rate • 50 min \$25 • 80 min \$37 • 110 min \$50
Advanced Student • 50 min \$30 • 80 min \$45 • 110 min \$60
L.M.T.* • 50 min \$35 • 80 min \$55 • 110 min \$70

RELAXING SWEDISH MASSAGE—

The session will help you relax and unwind as we use soothing strokes to allow tension to drift away as circulation & breathing improve.

DEEP MUSCULAR MASSAGE—

A gentle but firmer technique that targets deeper tissues to focus on tight knotted areas caused from active lifestyles, injuries and poor postural habits.
• **S.** \$35/\$52/\$70** • **A.S.** \$40/\$60/\$80 • **L.M.T.** \$45/\$70/\$90

JAPANESE FULL BODY SHIATSU—

Ancient Japanese massage using pressure & strokes to oriental acupoints located all over the body to promote relaxation & the free flow of “CHI” for self-healing.

CRANIOSACRAL THERAPY—

Gentle pressure to specific areas on the skull, neck, shoulders, back, and sacrum to ease tension & restrictions all over the body.

LYMPH OR PRENATAL MASSAGE—

Both massage sessions are soothing treatments that effectively address the needs of draining excess fluids or strengthening immunity as they relax achy muscles.

4-HANDED MASSAGE (2 STUDENTS)—

We have two students providing Swedish at the same time forcing your mind to relax while your body gets twice the massage in half of the time.
• **S.** \$50/\$75/NA** • **A.S.** \$60/\$90/NA • **L.M.T.** \$70/\$110/NA

* L.M.T. = Licensed Massage Therapist

** 50 min / 80 min / 110 min hands on bodywork

specialty massage†

Student Rate • 70 min \$35 • 100 min \$50
Advanced Student • 70 min \$40 • 100 min \$60
L.M.T.* • 70 min \$50 • 100 min \$70

HOT STONE SWEDISH MASSAGE—

We incorporate smooth heated dark basalt stones into our swedish massage session. Combining deep heat & massage, relaxes stubbornly tight muscles and breaks up knots to relaxing pain, numbness and stiffness.

COUPLE’S MASSAGE—

This is perfect for a romantic date. Each person chooses from any of our massages, which is received in the same treatment room side by side with that special somebody. Unwind, relax and rejuvenate together.
• **S.** \$70/\$100†† • **A.S.** \$80/\$120 • **L.M.T.** \$100/\$140

THAI YOGA MASSAGE—

Performed on a mat and involves rhythmic compression pressure to warm up & relax muscles combined with sustained stretched positions. People generally feel re-energized, freer, and more open to easier movement. (*not for severe back issues or pain*)

STONE SHIATSU—

A twist on acupressure massage using polished Labradorite or Charoite stones to work & balance the energy of the meridians/points to bring harmony between the metaphysical and physical body.

LOMI LOMI—

This traditional Hawaiian massage technique seeks to rid the body of physical and mental stresses, and frees up energy flow. Lomi Lomi rejuvenates the body and instills a feeling of peace and well-being.

†Discounts do not apply to specialty massages

†† 70 min / 100 min hands on bodywork

face, feet, energy

ACUPRESSURE OR STONE FACIAL—

They both involve gentle pressure and massage to oriental acupoints on the scalp, face, neck & shoulders. Choose from either river-polished heated stones or a the traditional approach using the fingers.
• 20-30 min \$17 (*w/massage*) • \$22 (*a la carte*)

LYMPHATIC FACIAL—

This light pressured facial offers the benefit of focusing on the lymph system to remove toxins & puffiness while you relax from gentle repetition of finger strokes.
• 20-30 min \$17 (*w/massage*) • \$22 (*a la carte*)

MINERAL FOOTBATH & REFLEX RUB—

We begin with a warm/hot scented mineral salts footbath soak for 5-10 minutes followed by a foot reflexology session with peppermint, oatmeal & soy lotion for satiny smoothness.
• 20-30 min \$20 (*w/massage*) • \$30 (*a la carte*)

SPA “PEDI-ssage” PACKAGE—

We start with a mineral footbath soak for 10 minutes, next a peppermint exfoliating foot scrub, rinse, then a hot stone foot rub, and lastly a reflexology session.
• 40-50 min \$30 (*w/massage*) • \$40 (*a la carte*)

CRYSTAL CHAKRA BALANCING—

Utilizing the power of crystals representing each of the colors of the rainbow, we set them on the chakra centers to balance energy of body, mind & spirit.
• 20-30 min \$17 (*w/massage*) • \$22 (*a la carte*)

TIBETAN REIKI/ENERGY TREATMENT—

This gentle hands on energy balancing treatment relaxes body, mind & spirit while it awakens the core wisdom of your true self deep within your soul for healing.
• 20-30 min \$15 (*w/massage*) • \$20 (*a la carte*)

spa treatments

ORIENTAL HOT ROCKS—

River rocks that fit the contour of your back are heated and soaked in eucalyptus oils. Between the sustained pressure & radiating heat, tight muscles melt away.

- 20-30 min \$15 (w/massage) • \$20 (a la carte)

EUCALYPTUS STEAM BATH—

Take a private steam with eucalyptus which is used to purify, cleanse, improve circulation, soothe nasal & bronchial passages, and rehydrates dry skin. Great for congestion caused from allergies and colds.

- 20-30 min \$15 (w/massage) • \$20 (a la carte)

EUROPEAN DRY BRUSH BATH—

This gentle exfoliation treatment includes being massaged with natural soft bristle brushes to renew, revitalize & nourish your skin for a healthier look.

- 20-30 min \$20 (w/massage) • \$30 (a la carte)

ROYAL DANISH SALT SCRUB—

We soak flaxen mittens in hot water and gently massage the body with sea salt. This draws toxins from the body, kills bacteria, & exfoliates dry flaky skin.

- 20-30 min \$20 (w/massage) • \$30 (a la carte)

AROMA STEAM & DRY SWEAT WRAP—

After a good 20 minute steam with eucalyptus oils in our steam bath, the client is wrapped in successive layers of blankets to sweat out impurities & toxins from the body.

- 40-50 min \$30 (w/massage) • \$40 (a la carte)

RELAXING HERBAL BODY WRAP—

The client is literally wrapped in flannel linens soaked in herbal eo's, wrung out & superheated to open the pores for maximum absorption. The heat relaxes the body while the essential oil's aroma calms your mind.

- 40-50 min \$30 (w/massage) • \$40 (a la carte)



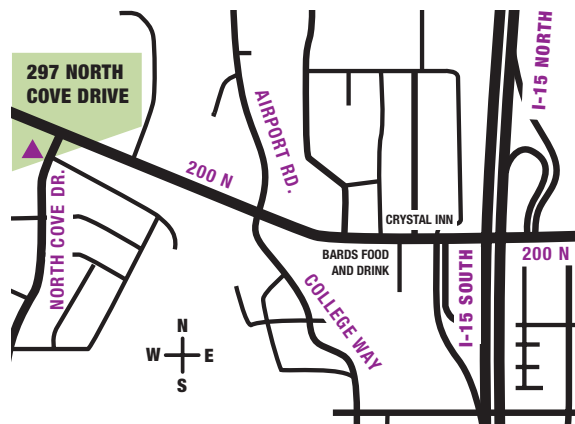
Park and enter on the east side of building.

SALT LAKE Clinic Hours

Monday - Friday 10:00 am - 9:00 pm
Saturday 10:00 am - 8:00 pm
Sunday 10:00 am - 8:00 pm
For Appts. Call 801-355-6300 ext 1#

CEDAR CITY Clinic Hours

Monday - Friday 1:00 pm - 5:00 pm
Saturday 9:00 am - 5:00 pm
Sunday closed
For Appts. Call 435-586-8222



Our campus is located in a beautiful two-story log building on the corner of Cove Drive & Highway 56, which is 1/2 mile west of Interstate 15 and 1/4 mile past Airport Rd (College Way) in Cedar City.

GET \$300 in FREE Massages & Spa Services!

Now that we have your attention, if you are interested in receiving \$300 worth of massage absolutely free from our school, here is how it works:

If you know someone who is interested in going to massage school, and they attend Healing Mountain, and they graduate on time, just have them notify us when they enroll and we will show our thanks & appreciation to you with \$300 in free gift certificates good for student massages and/or spa services after they graduate.

Healing Mountain offers a diverse, yet marketable curriculum. In addition to the standard massage therapy courses, our 900 hour program contains unique modalities like:

- Zen & the Art of Massage
- European Hydrotherapy & Spa Training
- Color Therapy using Crystals
- Prenatal Massage
- Lymph Drainage Massage
- Thai Yoga Massage
- Tibetan Energy Healing / Reiki
- Lomi Lomi

These are all in great demand by employers, but rarely offered in most basic massage programs. You usually pay more for advanced courses. At Healing Mountain you get them all in **one program @ one affordable price!**

So, if you know a friend, family member, or co-worker who is thinking of changing professions to a rewarding career in massage therapy, send them our way and make sure they say you sent them. After they graduate on time, you'll get \$300 in massage or spa services as our thanks and they will get a quality education. Call our Salt Lake campus contact Randy at 1-800-407-3251, ext 7. At our Cedar City campus, ask for Rhonda at 1-800-864-0012.



Healing Mountain Crystal Co.

Both the Salt Lake and Cedar City campuses of Healing Mountain Massage School have another company they represent. It is **HEALING MTN CRYSTAL COMPANY.**

In Salt Lake City, our CRYSTAL COMPANY is located right through our main doors next to our spa waiting room. We have 10 lighted display cases of rare crystals, semi-precious stones, and jewelry from all over the world — places like: Tibet, Russia, China, India, Nepal, Afghanistan, Madagascar, South America, Africa, as well as the United States. Our Cedar City campus has a beautiful display table in their reception area too.

Whether you enjoy them as a diverse group of mineral specimens or for their metaphysical healing properties, our displays are not only there for your enjoyment, every item is also for sale. Ask the front desk staff for assistance in finding out the prices for sale items on display. And, if there is something you are looking for that you don't see on display, just ask. We may have it in storage or can direct you to a dealer who might have what you want.

If you have any questions regarding the crystal shop, call us at 1-800-811-0468, visit us on facebook.