



Spa & Massage Services

Services by Alyssa Brooks

Lmt, LA#3105

By appointment only!

Ask about our massage for couples
& new client discounts.

Gift certificates are also available.

Fusion Health and Fitness is
located on I-10 & Hwy 73 at
36501 Mission Street
Prairieville, LA 70769
Phone: 225-744-4110

<http://www.fusionhealthandfitness.com>

See our website for directions.

Tranquility

A relaxing massage that harmonizes the mind, body, and spirit.

1/2 Hour.....	\$45
1 Hour.....	\$70
1-1/2 Hour.....	\$90

Focus

A therapeutic deep massage geared towards relieving discomfort from muscle soreness.

1/2 Hour.....	\$55
1 Hour.....	\$85
1-1/2 Hour.....	\$110

Reflection

Restore and rejuvenate your tired feet with this dreamy foot treatment. Enjoy this service alone or add it on

15 Min.....	\$20
1 /2 hour.....	\$45

Prenatal Bliss

Sit back and enjoy instant relief from the aches and pains of pregnancy

1 Hour.....	\$75
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On The Rocks

Intoxicate yourself with an inviting massage using warm northern rocks that have been submerged in a bath of hot essential oils.

1 Hour.....	\$90
1-1/2 Hour.....	\$115

Awakening

Many living in the lush south are prone to Sinus or Migraine headaches. This service releases pressure points in your face, neck & shoulders making that nagging headache a distant memory.

1/2 Hour.....	\$55
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Relief

TMJ Dysfunction can cause aches & pains throughout the head, neck, jaw, & shoulders. This service uses muscle-specific massage techniques to release tension throughout the head & face.

1 Hour.....	\$85
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Thai Yoga Massage

**Floor Session, fully clothed*

Traditional Asian floor mat bodywork consisting of yoga stretching techniques for greater flexibility & point work which stimulates the flow of energy throughout the body providing balance and vitality. Truly a unique experience, this service will leave you feeling amazing. Please wear comfortable clothing.

1 Hour.....\$95
1-1/2 Hour.....\$125

Table Thai Yoga

One of my most popular sessions! An invigorating massage created from a mixture of Traditional Deep Tissue as well as Thai Yoga principles that will take your breath away.

1 Hour.....\$90
1-1/2 Hour.....\$115

Alyssa Brooks, LMT LA #3105
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