BENEFITS OF MASSAGE THERAPY

- Reduce Stress
- Soothe sore, stiff and tired muscles
- Reduce and relieve pain
- Alleviate anxiety
- Facilitate recovery
- Improve blood flow and circulation
- Increase range of motion
- Enhance sports and fitness abilities
- Reduce fatigue

POLICIES

- Payment is due upon booking in-person or over the phone.
- There is a 24-hour cancellation policy. All appointments not met will be charged.
- Appointment time slot includes time for consultation, to undress, receive massage and getting dressed.
- All clients must check in at the customer service desk prior to massage appointment.
- Please arrive 15 MIN. early for massage services.
- Prices and services are subject to change.
- Services provided to customers 18 years and above only.
- Shower required when working out prior to massage.
- Authorized ID card holders only.

CONTACT INFO

Visit the Customer Service desk at the Fitness Center to set up an appointment or call **(808) 448-2214**

Located in Hickam Fitness Center.

Open seven days a week.

Visit us online at **www.greatlifehawaii.com**

REV 05/2025

JOINT BASE PEARL HARBOR-HICKAM

MASSAGE THERAPY & SPA SERVICES

Therapeutic Massage Spa Services
Sports Therapy

MORALE, WELFARE AND RECREATION
JOINT BASE
PEARL HARBOR-HICKAM

MASSAGE THERAPY AND SPA SERVICES

SWEDISH MASSAGE

Most common type of massage that combines gliding, kneading and friction techniques that relieves muscular tension and improves circulation.

DEEP TISSUE

Similar to Swedish massage, but the deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons and fascia (the protective layer surrounding muscles, bones & joints.

SPORTS MASSAGE

Focused on stretching, pressure point, rebalancing, muscle and joint release. Performed pre-event, during or post-event on athletes or active individuals.

LOMI LOMI MASSAGE

The customary massage of Hawaii that cleanses, nurtures, invigorates and soothes. This type of massage uses long, flowing strokes and medium-to-deep pressure.

PRENATAL MASSAGE

Specially designed for the mother-to-be. This nurturing massage is the perfect way to reduce stress and relieve discomforts during pregnancy. *Please contact physician prior to scheduling a prenatal massage. Massage not recommended during first trimester (less than 12 weeks). 60 and 90 MIN. only.*

MASSAGE THERAPY PRICE LIST

60 MIN. **$70**

90 MIN. **$100**

120 MIN. **$140**

SPECIALTY MASSAGE THERAPY SERVICES

HOT STONE MASSAGE

An energy balancing treatment using hot stones to facilitate circulation and ultimate relaxation for the mind, body and soul.

60 MIN. **$90**

90 MIN. **$110**

SPA PACKAGES

HAWAII PACKAGE (90 MIN.) $125

Your choice of body scrub or facial, followed by a therapeutic massage. This reminds the body of health, happiness and serenity.

HICKAM SIGNATURE PACKAGE (90 MIN.) . . . $140

Renew yourself with a therapeutic massage followed by an invigorating and cleansing body scrub and body wrap treatment.

ALOHA PACKAGE (2 HOURS) $175

Take back the years with a therapeutic massage followed by a microdermabrasion treatment. A non-invasive technique that improves overall texture, tone and clarity of skin.

STONE & SPA PACKAGE (2 HOURS) $175

Loosen muscles and balance energy with a hot stone massage, followed by an exfoliating scrub and a detoxifying and rejuvenating wrap.

HEAVENLY SPA PACKAGE (3 HOURS) $250

You're royalty for a day with this complete pampering package. Enjoy a body scrub and wrap, a massage, and a self-renewal facial. Upgrade available for additional $25.

OTHER SPA SERVICES

FACIAL TREATMENTS

Microdermabrasion (1 hour) **$100**

Non-invasive technique that improves overall texture, tone and clarity of skin.

Self-Renewal (1 hour) **$70**

Designed for young skin.

HYDRO-DERMABRASION

Hydro Facial (1 hour) **$150**

Luxurious experience that removes dead skin cells and aids in the reduction of wrinkles, hyperpigmentation, and enlarged pores for a visibly clearer, more radiant skin.