

MANUAL LYMPHATIC DRAINAGE

MLD uses gentle sweeping motions on bare skin that induce relaxation and will expedite the movement of lymphatic fluid and congestion in areas of the body that have become sluggish or uneven causing discomfort or chronic inflammation.

A healthy functioning lymphatic system is important for overall health as it boosts the immune system, detoxifies the body, and induces calm. MLD can be used to reduce fluid retention due to pregnancy, chronic fatigue, low immunity, sports injuries and post op care to promote healing 1 hr/\$120



RAINDROP THERAPY

The Raindrop Technique uses a sequence of nine highly anti-microbial essential oils dropped gently on the spine and then feathered in using various stroking motions. Stress causes reduced oxygen and circulation, which can cause inflammation, pain and discomfort. This technique benefits the spinal nerves that support the entire body. This treatment is soothing, nurturing and relaxing..... 1 hr /\$135



YOGA

A slow meditative flow where we focus on connecting our breath and our movement. The intention behind this class is to finish feeling relaxed and rejuvenated. This class can be tailored to the clients specific wants and/or needs. No experience necessary.
1 hr/\$22 pp..... 1 hr/\$55 pp/private

GUIDED MEDITATION

Harmony of healing - mind, body and soul. This session promotes deep calming of the senses through an incorporation of peaceful meditative suggestions, breathing, and stillness where relaxation and positive manifestation begins. Learn to release the barrage of exterior audio and visual clutter. A journey to develop new relaxation and healing skills. One on one.
..... 30min/\$30

OUR TEAM

Our team is a mix of angels of mercy and extraordinary technicians of the mind, body, and soul. "Specializing in therapeutic bodywork since 1997" is a testimony of dedication in a field that has grown in diversity and popularity worldwide. Opportunities to implement services in sports, spa, therapeutic, event and corporate areas have delighted us with growth and exposure. We are thankful to our well-traveled wellness consumers who inspire us, and our local clients, students, and athletes who challenge our restorative skills.

Monique Bottalico, President

Licensed Massage Therapist
Worlds of Wellness LLC

Prices do not include gratuities or required sales tax on massage unless physicians' prescription is submitted. Appointments and gift certificates available online 24/7.

CANCELLATION POLICY

We require at least 24 hours' notice. Last minute cancellations and no-shows will result in full service charges or voidance of gift certificates. Fees are non-refundable and have no cash value on future appointments.



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View Our Services & Specials
www.wowocnj.com



or call today:
(609)938-0677

810 Asbury Avenue, Ocean City, NJ 08226

GIFT CERTIFICATES

All major cards accepted
*Prices do not include gratuity
*Services by appointment only



SWEDISH MASSAGE/RELAXATION

Traditional massage techniques relax, de-stress and energize as well as increase circulation of blood and lymph to boost the immune system.

1 hr/\$100..... 90 min/\$150

THERAPEUTIC MASSAGE

Incorporation of various techniques for relief of pain or tension in specific areas.

1 hr/\$100..... 90 min/\$150

DEEP TISSUE MASSAGE

Deep pressure is utilized in order to reach muscle insertions and problematic areas.

1 hr/\$120..... 90 min/\$180

POST-EVENT SPORTS MASSAGE

Various massage techniques are used including deep tissue to help stretching, calm, and heal muscle strains and soreness, hot pack included.

30 min/\$55..... 1 hr/\$120..... 90 min/\$180

COUPLES MASSAGE

A side-by-side experience to savor forever...share the gift of health, relaxation and soothing benefits of massage in our luxurious couples suite.

1 hr/\$200..... 90 min/\$275

PRENATAL MASSAGE

Special care is given to the expectant mother. No essential oils are used. Our custom prenatal massage table has ergonomic abdominal and breast recesses to perfectly support the mother while lying face down, allowing her to fully relax during the massage, with no awkward side-lying.

30 min/\$50..... 50 min/\$100

AROMATHERAPY MASSAGE

A truly elegant massage using rare and precious essential oils to enhance the benefits of stress reduction. Induces calming to allow increased energy. Oils

have been used therapeutically since Biblical times.
1 hr/\$110..... 90 min/\$165

REFLEXOLOGY

Remarkable, relaxing and therapeutic. Embodies the relationship of reflexes in our feet to various glands, organs, and remote areas of the body.

30 min/\$55..... 1 hr /\$100

HOT STONE MASSAGE

The localized heat and weight of basalt stones are incorporated into the massage and helps muscles relax while applying deeper pressure without discomfort.

1 hr/\$120..... 90 min/\$180

MYOFASCIAL BODYWORK

Myofascial massage is a safe and effective hands-on technique with sustained pressure to eliminate pain and restore motion. This essential "time element" with a low load pressure applied slowly will allow a viscoelastic medium (fascia) to elongate for lasting and effective healing. Trauma, inflammatory responses, and/or surgical procedures create myofascial restrictions that can produce tensile pressures of approximately 2,000 pounds per square inch on pain sensitive structures that may not be detected with standard diagnostic modalities (x-rays, myelograms, CT scans, MRIs, electromyography, etc.)

1hr/\$120..... 90 min/\$180..... 2hr/\$240



CRANIOSACRAL THERAPY

Using a soft touch, practitioners release restrictions in the craniosacral system to improve functioning of the central nervous system. CST is increasingly being utilized in preventative health for its ability to increase one's resistance to disease.

CST is a gentle, hands-on technique that complements the body's natural healing processes and functions of the craniosacral system - comprised of membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. CST is effective for a wide range of medical problems associated with pain and dysfunction.

Session is conducted while the client is fully clothed. CST may also be added to therapeutic and deep tissue sessions. Availability is limited 1 hr/\$120

ACUPUNCTURE

This ancient, holistic modality stimulates your body's natural healing response and targets numerous health concerns at once. Hair-thin needles activate specific energetic points to promote health and well-being according to the wisdom of the centuries-old practice.

Enjoy your customized treatment as you relax comfortably and allow your body to renew.

Acupuncture works!

..... 1 hr/\$75

GENTLE HEALING – SINUS RELIEF

Clear a path for a boost in mental clarity, breathing, sleep and immune function. Our routine to relieve sinus pressure begins with gentle face, neck and scalp acupressure. A hot towel is applied and pressurepoints are then engaged to clear sinus congestion by triggering your own natural healing abilities. Completely fabulous and holistic.

..... 30min/\$50