

Massage can flush toxins out of cells and tissues and replace with rich oxygenated blood.

Massage has many therapeutic benefits such as.....

- 👉 Relief from arthritis, tendonitis, bursitis, back pain, neck pain, fibromyalgia, etc...
- 👉 Increased circulation, which aids in faster healing time of injuries.
- 👉 Stress releaser, which means less tension, headaches and overall pain.
- 👉 Increased energy and more restful sleep which help decrease blood pressure.
- 👉 Reduces muscle spasms
- 👉 Improves posture
- 👉 Prevention of new injuries

Hours.....
By Appointment
Only



Massage By Stephanie
At



Massage By Stephanie
at
The Barn

5451 Edwards Farms Rd
Columbus, Ohio 43221

(614) 214-0701





Stephanie Townsend
LMT, NCTMB, NMT
Certified Belavi Specialist

Stephanie graduated from Columbus State Community College where she received her Associates of Applied Science in Massage Therapy. She is a Licensed Massage Therapist in the State of Ohio as well as Nationally certified. She is a Certified Belavi Specialist and a member of the American Massage Therapy Association. She is certified in Neuromuscular Therapy and focuses on pain management. Stephanie is committed to using botanically based products on all of her clients for the benefits they offer. The atmosphere is professional and relaxing.



Swedish Massage

Relaxation massage used to increase lymphatic and blood circulation which improves overall health

\$90/90minutes
\$60/60 minutes

Deep Tissue Massage-NMT

Deeper massage used to release the chronic tension patterns in the body. Great for muscle spasms in the back shoulders, neck arms, and legs

\$95/90 minutes
\$65/60 minutes

Upper Body Massage

Swedish massage concentrating on the neck, shoulders, and back

\$40/30 minutes

Ultimate Foot Massage

The calves and feet are resurfaced using a sea salt scrub, then nutrients are replenished by using an aromatic oil

\$40/30 minutes

Salt Glow Massage

Sea Salts are used to resurface the skin, then after a refreshing shower an hour massage is given using an aromatic oil to replenish the nutrients in the skin

\$80/90 minutes



Belavi Facelift Massage

A lifting, toning, firming treatment for the face. It softens lines and gives you a radiant glow for days. It includes massage of the hands, feet, shoulders, neck and Scalp. Repeated facial massages help train the muscles to be tighter and firmer.

This is the most luxurious and pampering massage we offer.

\$95/90 minutes

12 Session series (min. twice weekly)
\$85/90 minutes*

*Series must be paid in full for discount

Belavi Back Massage

The back is deep cleansed using cleanser and warmed aromatherapy towels. Followed by a half hour back and neck massage.

\$65/60 minutes

Hot Stone Massage

This deeper massage uses warmed stoned that are placed strategically on and underneath the body, thus balancing the energies and increase circulation

\$50/45 minutes
\$90/75 minutes

On- Site Chair Massage available

\$15/15 minutes
4-6 hrs= \$216-\$324
7-10 hrs = \$357-\$510