

MASSAGE THERAPISTS

Therapists are listed alphabetically by first name.

Alison Stroshein, LMT

Associate of Applied Sciences &
Human Resources and Business
Management

*Deep Tissue Massage, Sports Massage,
Swedish Massage, Prenatal Massage*



Michelle Tupko, RTT

Blue Lotus Thai Healing Studies,
Chicago Master Pichest Boonthumme,
Thailand

Thai Massage



Prema Lindsay Smith, RN, LMT

B.S. Nursing, Eastern Michigan
University
Ann Arbor Institute of Massage Therapy

*Thai Massage, Neuromuscular Therapy,
Sports Massage, Myofascial Release,
Prenatal & Postnatal Massage,
Reflexology, Cranial Sacral Therapy,
Manual Lymphatic Drainage, Swedish
Massage*



Roohee Marshall, LMT

Irene's Myomassology Institute
Blue Heron Academy of Healing Arts &
Science Program of Medical Massage
Therapy

*Thai Massage, Deep Tissue Massage,
Medical/Clinical Massage, Prenatal
Massage, Acupressure Face Massage,
Swedish Massage*



Stacy Dobreff, LMT

Ann Arbor Institute of Massage Therapy

*Thai Massage, Myofascial Release,
Neuromuscular Therapy, Sports Massage,
Swedish Massage, Dermoneuromodulation*



revised 11-1-18

THE SPA AT LIBERTY
734.665.3738 Ext. 134

MASSAGE AT LIBERTY

The Spa at Liberty was created with one beautiful idea: to offer you an exquisite experience of relaxation and well-being. Located on the second floor, the Spa is a world unto itself. From the moment you cross the threshold, tensions will begin to melt away. You'll be greeted by delicate herbal aromas, surrounded by soothing colors and meditative music, and warmly welcomed by one of our spa professionals.

MASSAGE & BODY THERAPIES

A combination of science and art, therapeutic massage is an excellent way to relieve stress and tension, ease stiff joints and muscle spasms, promote healing and flexibility, enhance athletic performance, improve circulation, and promote mental alertness and a feeling of wellness. Our therapists incorporate a variety of modalities including, Swedish, Deep Tissue (*myofascial and neuromuscular*), Sports and many more to create a customized massage.

	Member/Guest
30 Minutes	\$50/55
45 Minutes	\$65/70
60 Minutes	\$75/80
90 Minutes	\$100/105
120 Minutes	\$135/140

Thai Massage

Align the energies of the body with Thai massage. This blend of a variety of massage techniques focuses on preparing, aligning and opening energetic pathways throughout the body. Similar to yoga, the recipient feels centered and rejuvenated after a session, which is received on a Thai mat placed on the floor. Please wear comfortable, loose fitting clothing for this massage.

	Member/Guest
90 Minutes	\$120/135
120 Minutes	\$150/165



MASSAGE & BODY THERAPIES

Prenatal Massage

Offered in the second and third trimester, Pregnancy massage utilizes specialized techniques and supportive pillows to ease structural and muscular strain and relieve tension for a gentle, calming effect on both mother and baby.

	Member/Guest
75 Minutes	\$85/90

Reflexology

An entire session is focused on the soles of your feet and/or hands. Pressure is systematically applied to reflex points or referral zones which correlate to the body's organs, glands, bones, and muscles, promoting a sense of total relaxation and wellbeing.

	Member/Guest
30 Minutes	\$45/50
60 Minutes	\$70/75

Acupressure Face Massage

This therapeutic facial treatment lifts, tones and firms facial muscles, while providing sinus relief through targeting pressure points. This includes hot towels and aromatherapy, along with massage of the hands, feet, shoulders and neck.

	Member/Guest
75 Minutes	\$95/100

BOOKING YOUR MASSAGE

Please call 734.665.3738 ext. 134 to schedule an appointment. Guests are required to provide valid credit card information to schedule an appointment.

Please plan to arrive 15 minutes prior to your appointment. If you arrive late, your treatment time may be reduced in order to finish on time for the next scheduled client and the full fee for your service will be charged.

A confirmation call will be made 48 hours prior to your service. Please honor our 24-hour advance notice cancellation policy to avoid being charged the full fee.

In appreciation for outstanding service, gratuities may be given to the staff, or at checkout, at your discretion.

Prices and services are subject to change without notice.