

Westlake Wellbeing

Wellness as a Way of Life

3355 Bee Caves Road #705, Austin, Texas 78746
512.327.3611 – sharmin@austin.rr.com

About Us

With an eighteen year tradition of offering the best in therapeutic massage services to Austin and the surrounding areas, we want you to feel good when you enter our doors and strive to create an environment that is comfortable, never rushed, and an integral part of why you came to visit. We want you to feel even better when you leave, and strive to deliver impeccable service at affordable and competitive prices.

Besides the products featured in our massage services, the entire Naturopathica skin care line is available for purchase at our location. If you have special needs regarding product choice, please inform us when setting your appointment.

In addition, we carry a wide variety of if interesting and affordable gifts from handmade ornaments, wooden boxes and jewelry from India to seven metal meditations bowls, gongs and bells. Just look around - there is something to delight and entertain every client when you walk through our door!

Menu of Services

Classic Massage - Our Classic Massage includes Swedish massage to calm the nervous system and increase circulation, as well as additional modalities including deep massage, deep tissue massage techniques, acupressure and more.

½ hour	\$45
1 hour	\$75
1¼ hours	\$85
1½ hours	\$95
2 hours	\$120

Couples Massage – Experience our beautiful couple’s room with a massage for two! Enjoy wooded views, a wood-burning fireplace, candle-lit room, heated tables, warm scented oil, comfy robes, and the comfort of rich leather as you relax in the seating area in the same room. Add \$25 to the cost of two massages.

Upgrades - Enhance your massage with one or more of the following:

Body Melt Back Therapy – This ultimate relaxing experience combines deep, intensive massage with steaming hot towels steeped in warming herbs and essences. Tension deep within spinal muscles is unraveled with anti-inflammatory Arnica Gel in this powerful therapeutic treatment . Can be performed in the session (10 minutes) or added to any massage (30 minutes). \$20/\$35

Body Melt Scalp Therapy – An energizing scalp treatment to promote relaxation, ease muscle aches and rebalance over-stressed nervous systems. Aromatic Wild Lime Scalp Oil is gently warmed and applied vigorously to the scalp, neck and shoulders to stimulate circulation and relieve muscle tension. Can be performed in the session (10 minutes) or added to any massage. (30 minutes) . . \$20/\$35

Body Melt Foot Therapy – A revitalizing foot and lower leg treatment designed to reinvigorate the whole body. Calves and feet are massaged with our stimulating Peppermint balm and then cocooned in steaming hot towels to wake up tired feet. Performed in the session hour (10 minutes) or can be added to any massage (25 minutes). \$15/\$35

Body Melt Hand Treatment – This soothing and moisturizing therapeutic treatment is perfect for dry skin or tired, overworked hands. Hands and lower arms are massaged with our Lemon Verbena Hand Treatment and then wrapped in hot, steamy towels for ultimate conditioning. \$20

Super Saver! Add only \$10 to any Body Melt Treatment and take home a retail-size Lemon Verbena Hand or Peppermint Body and Foot product for your continued use!

Herbal Wrap - After your massage, experience this calming aromatic heat-treatment. Receive a wrap of linens steamed in fragrant herbs, followed by a luxurious face massage and alternating hot and cold cloths to the forehead. *Note: This service adds thirty minutes onto the time of your massage.* add \$40

Hot Stone Massage – Swedish massage performed while holding a heated, polished stone for added

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depth and warmth. During the massage, warm stones are left on specific points to improve the flow of energy through the body. Hot stones help to release and relieve tight muscles quickly. . add \$35

Pregnancy Massage – Our indulgent maternity massage features warm lavender blossom oil and is specially tailored for the mother-to-be add \$10

Rest – This deeply relaxing addition to your massage features Naturopathica French Lavender body oil and long connective strokes. It is designed to ease fatigue and soothe over-stressed nervous systems.

Renew – This energizing treatment features Naturopathic Alpine Arnica and Lemongrass & Ginger body oils. It helps to promote circulation and relieve muscle soreness, stiff joints or edema.

Detox – This detoxifying treatment, featuring Naturopathica Deep Forest body oil, aids in the eliminaton of toxins from congested circulatory, lymphatic or respiratory systems.

Rest, Renew, or Detox addition to your massage add \$10

Signature Services

Sharmin’s Superb Deep Relaxation Massage - The ultimate deep relaxation massage with a firm, yet gentle touch from a therapist with 18 years experience. Includes aromatherapy, deluxe hot towel treatment for neck and back, and scalp and face massage.

2 hours \$140

Lori’s Down-Right-Deep Tissue Massage - Lori has over twelve years of experience, is degreed in recreational administration, teaches at a local massage school, and is a competitive athlete. Her highly competent deep tissue massage is not for the squeamish, uses minimal lubricant, and is appreciated by those who enjoy very deep work.

1 hour \$85

1½ hours \$105

Pamper Me Please - The ultimate pampering includes a warm foot soak, exfoliating foot scrub, a one-hour aromatherapy massage, soothing face treatment/massage, and scalp massage. You’ll leave feeling renewed and rejuvenated.

1½ hours. \$135

2 hour \$155

Gift Certificates

Gift Certificates are available for any service and may be purchased online at www.westlakewellbeing.com, by calling 327-3611, or by emailing sharmin@westlakewellbeing.com . You may also pickup certificates from our office or we can deliver by mail or by hand at your request. Gift baskets including bath and beauty products or boutique items are also available.

On-Site Chair Massage

We can come to you! Chair massage is a great way to show your appreciation and a very inexpensive gift per person. (Table massage is also available on-site if your space permits.) At your location - or plan an afternoon away for your group in our meeting room. Call for details.

Policies and Requests

Reservations - Please call us at 512.327.3611 or email sharmin@austin.rr.com to make your appointment for services and advise us of any gender or therapist preference when making your reservation.

Check-in - Please arrive 10-15 minutes prior to your scheduled appointment to allow time to fill out forms which are required on your first visit.

Payment - We accept cash, check, MasterCard, and Visa. Gratuities are at the guest’s discretion, and always appreciated. For parties of four or more, a gratuity of 20% will automatically be added to each ticket your for convenience.

Cancellations/No Shows - Please give us 24 hours notice if you need to cancel your appointment in order to avoid any cancellation fees or forfeiture of any prepaid services.