MEET OUR MASSAGE THERAPISTS

JULIE HAUFE
LMT, Reiki Master

Julie Haufe is a 2006 graduate of Massage Therapy at Capri College, Dubuque, Iowa. She has extensive continuing education in Neural Reset Therapy®, Integrated Neuromuscular Re-Education, Myokinesthetic System, Myofascial Release, Lymphatic Drainage, Orthopedic Massage for complicated Knee and Shoulder Conditions, Reiki, Cranial Sacral Therapy, Medical Massage for Cranial Pain, TMJ & Headaches, A non-surgical Approach to Carpal Tunnel, Tai Chi Massage, and Hot and Cold Stone Therapies. My passion is helping others find relief from debilitating stress and pain through various massage techniques that work.

CHRISTINE SHIMKUS
Massage Therapist

Christine attended the Heritage Institute of Jacksonville, where she focused on neuromuscular therapy and participated in the sports massage honors program, working with athletes at Jacksonville University. She continued her clinical focus through earning her Basic Neuromuscular Therapy Certification, her Pregnancy and Post-partum Bodywork Certification, and completing continuing education in Orthopedic Massage, Scar Tissue Release, and Precision Neuromuscular Therapy. I am fascinated by how the human body functions and compensates for dysfunction.

REIKI MASTERS

Julie Haufe Massage Therapist, Reiki Master
Meghan Hermsen Yoga Instructor, Reiki Master

STATERA
Integrated Health & Wellness Solutions

MASSAGE THERAPY

3375 Lake Ridge Drive
Dubuque, IA 52003
stateraintegrated.com
563-207-8932

breathe... inhale hope. exhale healing.

STATERA
Integrated Health & Wellness Solutions

AT STATERA,

we are passionate about health and wellness; mind, body, and spirit. We believe that massage is one of the most effective means available to health care as it reduces mental and physical fatigue, combats stress, releases tension in muscles, reduces pain, improves circulation and flexibility, and brings clarity and well-being.

Massage Services:

Traditional Swedish (or Prenatal Massage)
The traditional Swedish massage has calm fluid strokes that skillfully knead the body.

30 min	45 min	60 min	75 min	90 min
$41	$62	$82	$103	$123

Custom Massage-Partial or Full Body
Injury recovery and chronic pain conditions need specialized care by your skilled massage therapist who can assess and treat using various massage modalities.

45 min	60 min	75 min	90 min
$66	$87	$108	$129

Lymphatic Drainage
This full body approach for healthy lymphatic systems treats symptoms from kidney and liver issues, deep vein thrombosis, bleeding disorders, acute infections, congestive heart failure, edema caused by a specific health condition or following surgery, metastatic or systemic conditions.

Cranial Sacral Therapy
Gentle touch therapy that frees muscular & energetic blocks that restrict cerebral spinal fluid flow. Ideal for headaches, migraine tension, depression, anxiety and balancing the central nervous system.

60 min
$90

Warming Himalayan Mineral Salt Stone
A combination of Swedish massage, thermal therapy, and salt therapy. It may aid in reducing insomnia, blood pressure, and stress.

Hot/Cold Jade Stone Massage
The healing thermotherapy stones are used to work deep into the muscle tissue encouraging a greater release of muscle tension.

60 min	75 min	90 min
$87	$110	$130

Specialty Services:

Aroma Body Treatment**
A proprietary method is used to apply and distribute therapeutic grade DōTERRA essential oils from low back to the crown of your head that will relax, detoxify, soothe achy muscles, combat fatigue, and boost immunity.

Digestive Protocol**
Aids in healthy digestion through the application of therapeutic grade DōTERRA essential oils from low back to the crown of your head.

30 min
$56

Hormone Balance Protocol for Women
This essential oil application relieves symptoms from Addison's disease, Cushing's disease, endometriosis, Grave's disease, Hashimoto disease, thyroid conditions, PMS, stress, anxiety, rosacea, ADHD, depression, post partum depression, hot flashes and insomnia. Includes a relaxing back and neck rub.

30 min
$63

Energy Reiki**
Practitioner artfully facilitates ancient healing techniques by laying hands on or above the 7 major energy vortexes of the body. You do not undress for this treatment.

30 min	60 min
$48	$78

Express - Neck, Head, Hands, Feet
Short on time? A restorative treatment with choice of table or massage chair. Wear comfortable clothing.

20 min
$25

**Can be used as a stand alone service or an add-on.

Service Enhancements: Aroma Therapy and Application
See website for options and pricing.

SCHEDULE:
563-207-8932
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stateraintegrated.com/massage

SIDE-BY-SIDE:
Visit our webite to view options. Call to schedule your appointment.

DISCOUNTS:
Get up to 15% off with a value package purchase.

ESSENTIAL OILS:
Essential oil treatments are frequently being added. Check website for updates.