



ABOUT ZAMA

Deep healing and relaxation await you at Zama® Massage Therapeutic Spa, an urban wellness getaway unlike any other. Prepare to be nurtured, invigorated, and inspired. We promise to heal and pamper you – inside and out!

Among the best day spas in Portland, and voted Best Massage Portland by CitySearch, Zama offers the only Halotherapy Salt Caves in Oregon, as well as Eminence Organic Facials, Deborah Lippmann Manicures and Pedicures, and over ten different modalities of massage ranging from Sports to Swedish to Ashiatsu Oriental Bar Therapy.

What makes us different?

At Zama, you are always a VIP. We provide individualized, five-star care tailored to suit your wellness needs and goals. Specialized pain relief techniques and services such as Massage Cupping, Magnetic Acupressure Cupping, Far Infrared Heat Therapy, and being home to the only Dry Salt Therapy Caves in Oregon sets us apart from other spas in the Portland area. We provide the ultimate wellness sanctuary for you. Inner peace and healing await!

We will bill your auto insurance for auto accident cases as well as workers compensation claims. We are currently accepting new patients.

We accept most major credit cards and gift certificates are available.

Our commitment is to your health and well-being. We offer flexible schedules and extended hours to speed you on the path to relaxation and healing. Honor your body and schedule an appointment at Zama Massage Therapeutic Spa.

For detailed information on our licensed therapists as well as other helpful info, please visit us at: ZamaMassage.com.

24-7 Online booking
Same-day appointments often available
ZamaMassage.com | 503.281.0278



Zama Massage Therapeutic Spa
2149 NE Broadway, Portland, OR 97232
503.281.0278 | ZamaMassage.com

24-7 Online Booking



MASSAGE THERAPY

Voted Best Massage in Portland, our massage therapy team is comprised of seasoned massage therapists who are specially trained to provide top-notch therapeutic care. Zama offers a variety of massage services for individuals or couples. Whether you have been injured in an automobile accident, are recovering from or preparing for an athletic event, or simply need to unwind, we have the massage service for you! Call us or visit Zamamassage.com

Classic Massage:

- Swedish Relaxation
- Sports Massage
- Deep Tissue Massage
- Medical Massage for Auto Injuries

Specialty Massage:

- Ashiatsu Oriental Bar Therapy
- Halo Massage (Salt Cave)
- Couples Massage
- Remedy Hot Stone Massage
- Cupping Massage
- Craniosacral
- Pregnancy Massage

Benefits of Massage:

- Relieve chronic or acute pain
- Reduce muscular tension
- Relieve stress
- Relieve headaches & migraines
- Boost immunity & flush toxins
- Improve circulation
- Increase flexibility
- Improve skin tone



BEAUTY

Zama offers a variety of beauty services that embody the Zama mission, from natural nails to organic facials, from lash extensions to full body waxing, we offer the best in high-end products and services. Our expert staff is here to meet your every need.

Relax by yourself or with a loved one. Book a bridal party or other special event. Whether you are in a hurry or spending the day, our beauty services will send you home refreshed, relaxed, and more beautiful than ever!

Services Include:

- Custom facials
- Detoxifying facials
- Anti-Aging facials
- Teen facials
- Men's facials
- Hydrafacial MD
- Soothing Foot Rituals
- Full menu of waxing services
- Eyelash extensions, tinting
- Luxurious manicures and pedicures, featuring Deborah Lippmann signature polishes



WELLNESS

At Zama, we believe that self-care, stress reduction, and preventative measures are the key to looking and feeling your best. We offer services that deliver unparalleled benefits and relief from a variety of ailments. Our wellness services not only heal - they feel amazing! Our practitioners will work to get you on the right track and discuss ways to keep you there.

Zama offers the only Halotherapy Salt Caves and services in Oregon! Salt Therapy is great for combating allergies, asthma, hay fever or for stopping a cold or flu dead in its tracks! For more information about Salt Therapies call or visit ZamaMassage.com today.

Wellness Services:

- Halotherapy (Salt Cave Therapy)
- Far Infrared Heat Wraps
- Detox Massage
- Cupping
- Pain Relief Pedicures
- Organic products & tools to enhance wellness & provide pain relief

