

# Massage Therapy



## *What is Massage Therapy?*

- One of the oldest methods of healing
- Refers to the application of various techniques to the muscular structure and soft tissues of the body
- Benefits the musculoskeletal, circulatory-lymphatic, nervous, and other systems of the body
- Positively influences overall health and well being

## *Physical & Mental Benefits*

- Relaxes the whole body
- Loosens tight muscles
- Relieves tired & aching muscles
- Increases flexibility & range of motion
- Diminishes chronic pain
- Calms the nervous system
- Lowers blood pressure
- Lowers heart rate
- Enhances skin tone
- Assists in recovery from injuries & illness
- Strengthens the immune system
- Reduces tension headaches
- Reduces mental stress
- Improves concentration
- Promotes restful sleep
- Aides in mental relaxation

*1/2 Hour \$35*



*1 Hour \$50*



*1 1/2 Hour  
Hot Stone Massage \$70*