

# Massage Therapy

Amy Bratvold LMT, NCBTMB



## BENEFITS OF MASSAGE THERAPY:

- Releases fascial restrictions
- Promotes circulation
- Relieves muscular tension
- Reduces stress and anxiety
- Increases flexibility
- Decreases pain

## TYPES OF MASSAGE OFFERED:

- Deep Tissue
- Swedish
- Sport Massage
- Subtle Energy
- Pre-natal
- Myofascial Release

## MASSAGE THERAPY PRICING

- 30 minute massage \$40
- 45 minute foot massage \$50
- 45 minute hand, foot, and scalp massage \$50
- 55 minute massage \$65
- 55 minute Myofascial release \$75
- 85 minute massage \$90
- 85 minute Myofascial release \$100
- Add Aromatherapy or Biofreeze to any massage \$5

## MULTI-PACK DEALS

- 2-55 minute massages \$120 (Savings of \$10)
- 3-55 minute massages \$165 (Savings of \$30)
- 6-55 minute massages \$325 (Savings of \$65)
- 2-85 minute massages \$170 (Savings of \$10)
- 3-85 minute massages \$240 (Savings of \$30)
- 6-85 minute massages \$450 (Savings of \$90)

*Packages are non-refundable, non-transferable, and cannot be used with any other offers.*

**GIFT CERTIFICATES**

**AVAILABLE**

**THERAPEUTIC ASSOCIATES-PARKCENTER**  
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## AROMATHERAPY

**EUCALYPTUS** – This oil is highly used for respiratory congestion. Eucalyptus is also used during periods of physical and mental fatigue.

**LAVENDER** – The most widely used essential oil is known for its healing and stress-relieving properties. This oil helps ease irritability and balances the mind and emotions.

**LEMON** – This oil is used for added energy to the mind and body, and for a sense of clarity.

**PEPPERMINT** – Peppermint adds a sense of excitement and enthusiasm. This oil is used for headaches, nausea, and inflammation.



**BIOFREEZE** – Temporary relief from minor aches and pains of sore muscles and joints associated with arthritis, backache, strains, and sprains.



### **Massage Hours:**

***Wednesday:*** 3:00pm – 7:00pm

***Thursday:*** 12:00pm – 5:00pm

***Friday:*** 3:00 – 7:00pm

***Saturday:*** 10:00am – 3:00pm