

## What is Massage?

Massage Therapy is a hands-on manipulation of the soft tissues of the body including muscles, tendons, ligaments and joints. It is an alternative health option to help alleviate soft tissue discomfort associated with everyday stresses, muscular overuse and pain after work injuries and auto accidents.



## Types of Massage

Our massage therapists have been trained in a variety of techniques. Don't hesitate to ask about their background training & experience when determining the best type of massage for you.

### Deep Tissue Massage

**60 min \$65**  
**30 min \$40**

An excellent treatment for ridding the body of tension, releasing tightness and reducing muscle pain. A contemporary massage that uses slow strokes and deep finger pressure to areas of the body that suffer chronic tension. Deep tissue brings about realignment of postural distributions and restores proper range of motion.

### Maternity Massage

**60 min \$65**  
**30 min \$40**

A gentle massage to nurture the mother-to-be. This wonderful massage will relieve the tension on weight bearing joints, reduce neck & back pain, and will reduce swelling and stress. A massage for relaxation that also benefits circulation and provides much needed comfort at this exciting time of change. (Mothers must be in good health past the 1<sup>st</sup> trimester)

### Medical Massage

**15 min \$30**

Prescribed by your chiropractor or other physician to target specific injured "soft tissues" (muscles, tendons or ligaments). Various types of massage are used to increase range of motion, reduce muscle spasm and treat musculoskeletal conditions. In addition you may be asked to perform some activities at home to assist in the recovery process.

### Sports Massage

**60 min \$65**  
**30 min \$40**

An ideal treatment designed to increase flexibility and help alleviate muscle aches and pains. A combination of stretching, range of motion and compression techniques are used. It is an exhilarating, therapeutic experience.

### Swedish Massage

**60 min \$65**  
**30 min \$40**

A classic light to moderate pressure that relaxes the body, improves muscle tone and stimulates circulation. This massage promotes an overall feeling of well-being.

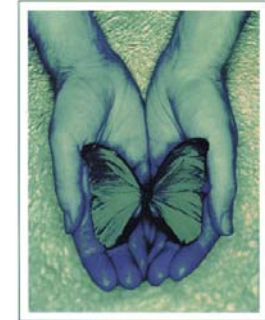
*Gift Certificates Available*

## Benefits of Massage

The benefits of massage may include but are not limited to:

- reducing muscular tension
- relaxing tight muscles
- improving circulation
- relieving muscle aches & pains
- energy renewal
- increasing range of motion
- reducing fatigue
- enhancing general relaxation
- improving flexibility
- promoting healthy skin
- decreasing stress & tension
- complementing chiropractic care
- massage therapy feels great

The effects of massage therapy are cumulative and a course of treatments will bring the most benefit.



## Is Massage Therapy Covered By Insurance?

Most job related injuries covered by worker's compensation or auto accidents covered by insurance pay for medical massage. The best thing to do with all insurance is call and see what is covered with your policy.



### Prior to Your Session

- \*Before your massage a shower is suggested to help you relax
- \*You will be most comfortable if you refrain from eating for 1-2 hours before your massage
- \*Please remove any unnecessary jewelry that would interfere with a smooth massage

### During Your Session

- \*Proper draping will be used at all times
- \*If at any time the pressure used is too much or too little, please let your therapist know
- \*Your private areas are never involved during massage

### After Your Session

- \*Take your time getting up off the table
- \*Sometimes people may feel dizzy or lightheaded from relaxation so move at your own pace
- \*It is suggested you drink plenty of water after your massage because toxins are released and your body needs to flush them from your system

## Massage Therapy Hours

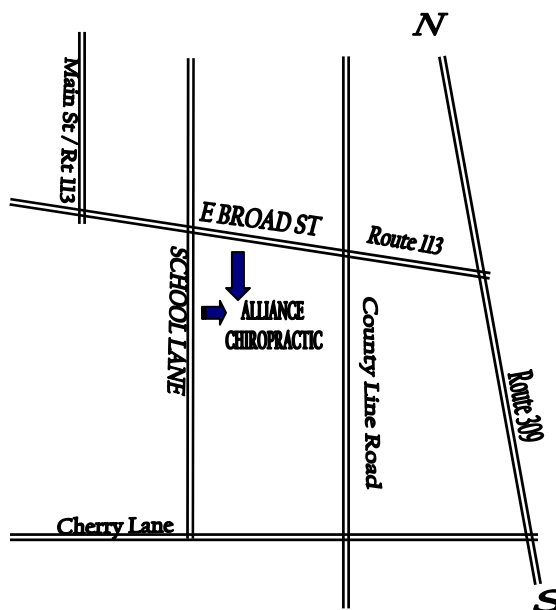
Monday 9:00 – 6:00

Tuesday 12:00 – 7:00

Wednesday 9:00 – 6:00

Thursday 9:00 – 6:00

EVENING HOURS BY APPOINTMENT



610 E. BROAD STREET  
SOUDERTON, PA 18964  
215-723-7500

# Massage Therapy



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