

BENEFITS OF MASSAGE THERAPY

- Alleviate low-back pain and improve range of motion
- Exercise and stretch, weak, tight, or atrophied muscles
- Increase joint flexibility
- Help athletes of any level prepare for, and recover from , strenuous workouts
- Lessen depression and anxiety
- Relax soften, injured, tired and over-used muscles
- Reduce spasms and cramping
- Release endorphins the body's natural pain killer
- Relieve migraine pain
- Decrease anxiety
- Greater Energy
- Enhanced sleep quality
- Improved concentration
- Improved circulation
- Reduced fatigue



"Helping Busy People Relax & Rejuvenate"

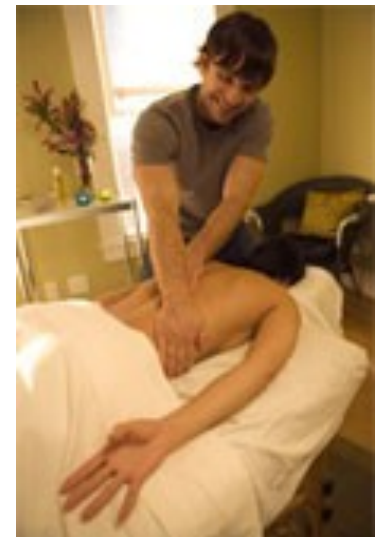


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Therapeutic Massage Specialists

*"Helping Busy People
Relax & Rejuvenate"*

INFORMATION /
PRICE LIST



TEL: 912-596-8325



TYPES OF MASSAGE

ARE YOU EXHAUSTED FROM WORK OR DEALING WITH KIDS ALL DAY. LET US HELP YOU RELAX



YOUR TIGHT SORE MUSCLES AND ALLEVIATE THE ACHES AND PAINS THEY CAUSE.

MASSAGE THERAPY IS A GREAT WAY TO HELP YOUR BODY HELP ITSELF. SWEDISH MASSAGE IMPROVES CIRCULATORY AND LYM-

PHATIC MOVEMENTS TO ACCOMMODATE STRESS RELIEF, WHILE DEEP TISSUE IS USED FOR THOSE CHRONIC ACHES AND PAINS. MANY OF WHICH ARE CAUSED BY MUSCLE IMBALANCES DUE TO EXTENDED PERIODS OF SITTING AT A DESK OR REPETITIVE MOVEMENTS ASSOCIATED WITH YOUR WORK.

SPEAKING OF WORK, A QUICK 15 MINUTE CHAIR MASSAGE CAN HELP YOU AND YOUR EMPLOYEES GET THROUGH THE REST OF THE DAY OR RELAX AFTER WORK. IT IS A GREAT WAY TO REWARD OFFICE EMPLOYEES AFTER A LONG WORK WEEK.

AND FOR THE SAVANNAH AREA TOURIST THERE ISN'T A BETTER WAY TO UNWIND AFTER A DAY OF SEEING BEAUTIFUL HISTORIC SAVANNAH THAN BY LETTING US RELAX AND REFRESH YOUR MUSCLES AND GET YOU READY TO EXPERIENCE SAVANNAH'S NIGHTLIFE.

PRICE LIST

SWEDISH MASSAGE

- Long flowing strokes of light to medium pressure help soften your muscles and ease your mind. Swedish massage uses circulatory and lymphatic movement towards your heart to accommodate stress relief.

<i>Half Session</i>	<i>-25 minutes</i>	40.00
<i>Full Session</i>	<i>-55 minutes</i>	65.00
<i>Deluxe Session</i>	<i>-80 minutes</i>	85.00

DEEP TISSUE MASSAGE

- Specific problem areas are targeted with these techniques to help alleviate pain caused by chronic and acute conditions. Heat packs are applied to warm up the muscles throughout the massage

<i>Half Session</i>	<i>- 25 minutes</i>	45.00
<i>Full Session</i>	<i>- 55 minutes</i>	80.00
<i>Deluxe Session</i>	<i>- 80 minutes</i>	100.00

HOT STONE MASSAGE

- Using heated, smoothly polished, natural stones our therapist will melt away the tension in even the deepest muscles. The stones are combined with aro-

<i>Hot Stone Massage</i>	<i>- 80 minutes</i>	115.00
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NECK & SHOULDERS

- Our therapist will target those muscles in the neck and shoulders that commonly become tight and overworked. Especially the muscles associated with sitting at a desk all day looking at the computer.

<i>Neck & Shoulder</i>	<i>- 25 minutes</i>	40.00
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Pre-Natal

Same Pricing as Swedish Massage listed above.

HANDS & FEET

- For those of you who stand all day and work with your hands daily, treat yourself to a delightful hands and feet massage. The whole time is devoted to loosening up the muscles in and around the hands and feet.

<i>Hands & Feet - 25 minutes</i>	35.00
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SPORTS MASSAGE

- This pre and/or post activity massage technique is designed for physically active individuals. Sports massage involves range of motion, deep tissue and stretching techniques in order to increase muscle tissue oxygenation and promote prevention and recovery of injuries.

<i>Half Session</i>	<i>- 25 minutes</i>	45.00
<i>Full Session</i>	<i>- 55 minutes</i>	80.00
<i>Deluxe Session</i>	<i>- 80 minutes</i>	100.00

THAI MASSAGE

- Thai massage is a type of massage in Thai style that involves stretching and deep massage. This form of bodywork is usually performed on the floor, and the client wears comfortable clothes that allow for movement.

<i>Full Session</i>	<i>- 90 minutes</i>	130.00
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SHIATSU ACUPRESSURE MASSAGE

- Shiatsu utilizes the fingers and palms to apply pressure to specific areas of the body. Traction and various stretches are used to bring about relief and balance throughout the body, while lengthening the spine and releasing pockets of built-up tension. This is a clothing-on treatment.

<i>Half Session</i>	<i>- 25 minutes</i>	45.00
<i>Full Session</i>	<i>- 55 minutes</i>	70.00
<i>Deluxe Session</i>	<i>- 80 minutes</i>	90.00

CHAIR MASSAGE

- These shorter massages done through the clothing make it very convenient for anyone to fit into their schedule. Used to target the back, neck, shoulders and arms, this type of massage is great for on-site massages at the office or work function.

\$1/minute	-15 minute minimum
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