

What is Massage Therapy?

Therapeutic Massage is defined as:

The mobilization of soft tissue (such as muscle and fascia) to restore normal systemic and functional use.

Massage is used to assist in the treatment of most musculoskeletal and associated problems. Regular Therapeutic Massage Therapy results in improved circulatory, lymphatic and neurological functioning.



Open 7 Days

Hours by Appointment Only

GIFT CERTIFICATES AVAILABLE

*****24 Hour Notice of
Cancellation is appreciated*****

Lisa A. Pavelka LMT
401.559.7272
MT00926

Terri Simao LMT
401.258.2318
MT01235

Courtney Garneau LMT
401.744.3297
MT 02282

Massage Associates



Therapeutic Massage

2220 Diamond Hill Rd.
Left Front Office
Cumberland, RI 02864

www.massageassociatesri.com

*COVID-19: A CDC & RIDOH Compliant
Facility*

Massage

A combination of massage techniques and aromatherapy tailored specifically to your body that promotes pain relief, increased circulation, deep relaxation and overall well-being.

Our Techniques Include:

Neuromuscular Therapy, Myofascial Release, Cupping, Reiki, Swedish Relaxation, Lymphatic Drainage, and many more...

60 Minute Massage..... 75

30 Minute Massage.....50

Great for specific aches, pains or injuries.

90 Minute Massage.....95

Couples Massage.....180

Have a massage side by side with your special someone.

Pregnancy Massage75.

Nationally Certified in Prenatal and Postpartum Massage.

This massage is especially designed to relieve the aches and discomforts of a pregnancy including sciatic pain and fluid retention.

The Perfect Shower Gift!

Ear candling

A natural way to clean accumulated wax, yeast and other natural defenses from the ears.

This relaxing and effective treatment includes a neck and sinus relief massage..... \$75.

Basic ear candling (without massage) ...\$.50.

Ear candling may help with allergies, sinus problems, tinnitus and more.

*Not recommended for people with ear tubes or perforated ear drums. *

Salt Scrubs

Add One or Both to a massage for detoxification and exfoliation of dead skin cells.

Back Scrub.....\$20

Foot Scrub.....\$15

Benefits of Massage

- Increases circulation (blood flow) which promotes healing
- Breaks down scar tissue
- Manages chronic pain due to repetitive motion and injury
- Increases range of motion
- Releases toxins from the body
- Increases over all sense of well being of the mind & body for better relaxation.

Our Massage Therapists are Licensed and Insured. We are also members of the American Massage Therapy Association.

