



LICENSED  
MASSAGE  
THERAPY

Attain - Maintain - Transcend



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## WHY MASSAGE?

- Pain Relieif
- Increase Flexibility
- Decrease Anxiety
- Reduce Fatigue
- Enhance Fitness
- Relax & Heal
- Healthier Lifestyle

and more

Massage Therapy

# BARE BONES BODYWORK

*Customized Sessions &  
Treatment Plans*





## SERVICES

Sports & Thai

Deep Tissue

MFR/Trigger Point

Myoskeletal Alignment

Assisted Stretching

Facelift Massage

Cupping

and more

TAKE A  
MOMENT FOR  
YOURSELF

*Disconnect, unwind,  
and refresh your  
mind, body, and spirit.*



BOOK  
YOUR  
ESCAPE  
TODAY

*Special Packages Available*

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LICENSED  
MASSAGE  
THERAPY



Associated Bodywork  
& Massage Professionals