



## WHY MASSAGE?

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

*and more*



LICENSED  
MASSAGE  
THERAPY

*Attain - Maintain - Transcend*



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*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.*



Associated Bodywork  
& Massage Professionals



# BOOK YOUR ESCAPE TODAY

*Special Packages Available*

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