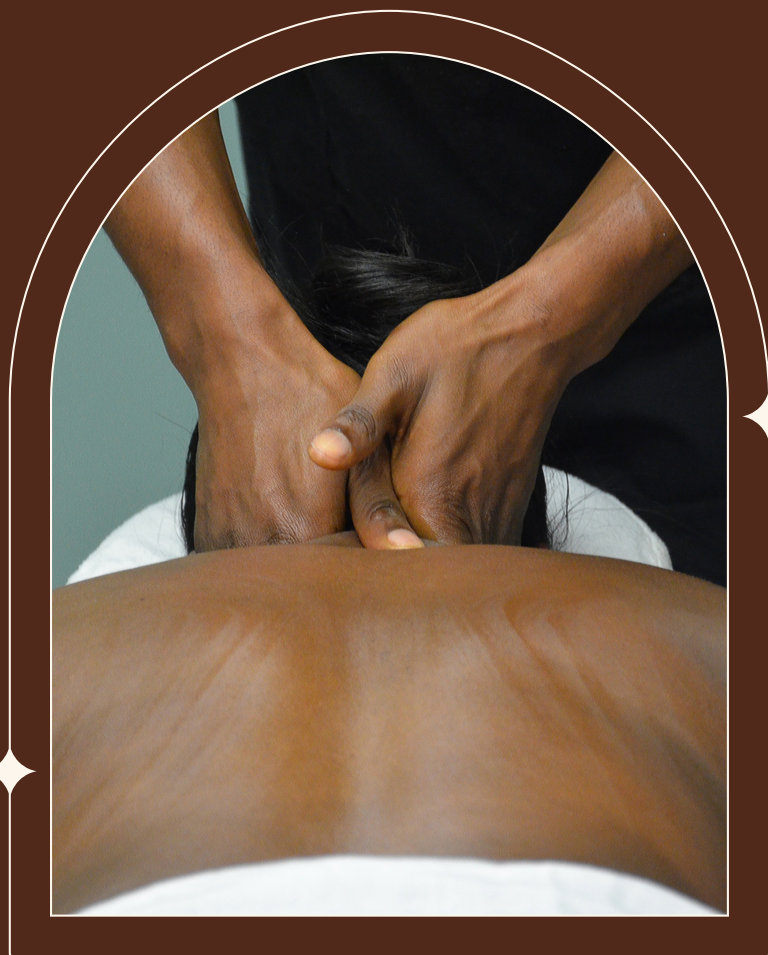


MASSAGE IS SELF-CARE

MAKE IT A PART OF YOUR ROUTINE

BENEFITS OF REGULAR MASSAGE

- Maintain Good Health
- Maintain Massage Progress
- Improves Posture over Time
- Experience the Benefits Longer
- Relieve Chronic Pain
- Have Something to Look Forward To
- Lessens the Effects of Stress over Time
- Provides space to Unplug
- Regular Connection to Internal Self
- Improve Athletic Performance
- Boosts Muscle Recovery Time
- Reduces Frequency and Intensity of Headaches over Time
- Improves Mental & Emotional Health over time



ASK YOUR MASSAGE THERAPIST HOW OFTEN YOU SHOULD RETURN.

ONCE A MONTH IS
FOR MAINTENANCE.

CHRONIC ISSUES MAY REQUIRE MORE
FREQUENT VISITS TO CORRECT.

BOOK NOW