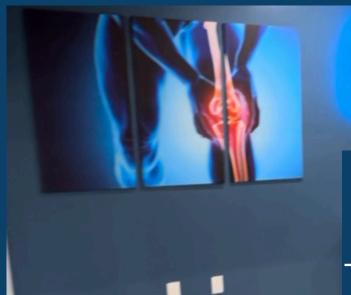
## RECOVERY NEWSLETTER

**GAMEBREAKSPORTSMASSAGE.COM** 



Thursday, May 1, 2025



## Spring into Recovery with Gamebreak Sports Massage

As we head into May, it's the perfect time to reset, recover, and feel your best-inside and out. Whether you're an athlete, a parent waiting while your child trains, or just a walk in. That's right-our services are open to everyone! You don't need a membership at the gym to book with us.

**What's New** 

-PACKAGES & MEMBERSHIPS

-EARLY BIRD SPECIAL

-MOTHERS DAY SPECIAL

-FREE 30-MINUTE
CONSULTATIONS

INSIDE LOOK: WHAT IS THERAPUTIC CUPPING?



01/03

**Marcus Williams Recovery Team** 



# Packages + Memberships Available

Save money and commit to your health with our flexible packages and membership options.

Whether you come in weekly or monthly, we have something for you.

## **May Specials!!**

#### **EARLY BIRD SPECIAL**

(CORONA LOCATION ONLY)

 All Month of May, get \$20 off any 50-minute or longer session booked between 8AM-12PM, Monday through Friday. Treat yourself to recovery before the hustle of the day begins.

#### **MOTHERS DAY SPECIAL**

 Give the gift of wellness! Moms do it all-show your appreciation with a massage gift card or a package tailored just for her. \$20 off gift cards for 50 Minutes or more.





### DID YOU KNOW?!

At Gamebreak Sports Massage, every massage includes a full toolbox of therapeutic techniques at no extra cost!

That means your session can include:

- Cupping therapy
- Hot stones
- Scraping (gua sha)
- · Targeted stretching
- · Deep tissue work
- · And more-based on what your body needs

The only add-on we offer is CBD oil or cream-a great option for enhanced relaxation and inflammation relief.

## Inside Look: What is Cupping Therapy?

Cupping is one of the powerful techniques we Incorporate into our sessions. This ancient method uses suction to lift tissue, which helps:

- Increase circulation
- Release deep muscle tension
- Break up fascia adhesions
- Accelerate recovery
- Promotes Lymphatic Flow

Bonus: Danielle at Gamebreak Sports Massage, offers state-of-the-art cupping tools that combine infrared light, heat, and compression, giving you the benefits of traditional cupping with a modern edge. If you are interested book directly with her.

Whether you're recovering from an injury, dealing with chronic pain, or just need a deep reset-cupping takes your massage to the next level.

Want to experience it firsthand?
Book your session at
Gamebreaksportsmassage.com

