



Awakening Touch

Therapeutic Massage





MASSAGE IS NOT JUST A LUXURY.



Massage is an integral part of your physical and emotional well-being.

Massage...

- Relieves stress
- Promotes relaxation
- Decreases muscular tension and pain
- Relieves headaches and insomnia
- Increases joint range of motion
- Soothes the nervous system and increases circulation
- Enhances the body's natural healing process

Benefits you may also experience at *Awakening Touch* include...

- Feeling more connected with your body
- Understanding how emotions affect your body
- Increasing your mental clarity
- Learning small ways to care for your body

What can you expect from your first visit to *Awakening Touch*?

Your therapist will combine muscle-specific techniques at various pressures, rhythms, and speeds to break down muscular tension. The treatment may also include gentle stretching and rocking to enhance the relaxation response. Treatment construction is based upon your individual needs as well as your medical history. To aid in developing a safe and effective treatment for you, you will be asked to fill out a brief medical history form, as massage is not appropriate in the presence of certain conditions.

What is the cost?

Private sessions are available by appointment.

- 1/2 hour \$35.00
- 1 hour. \$60.00
- 1 1/2 hours \$90.00

Relieve stress.
Enhance well-being.

**Awaken
the mind-body
connection.**



Associate Member

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Visit our website or call to find out more about practitioner qualifications and experience. You can discuss your individual needs and concerns with the therapist and design a program exclusively for you.

Gift certificates available.