

Integrative Chiropractic Clinic

Offers

the right **Massage Therapy** for you

Massage therapy is medically proven to support your health and overall wellness. It benefits people of all ages and all walks of life. Whether you're addressing a chronic condition, healing from a specific injury, or incorporating massage into your regular health regime, our licensed massage therapists, *Shelley Lewin & Sara Jarrett*, can **customize a massage** that's right for you.

After discussing your health history, lifestyle and treatment goals, we will tailor your massage to your specific needs. We provide a variety of massage techniques and modalities, including:

Therapeutic massage	Reflexology massage
Deep Tissue massage	Sports massage
Hot Stone massage	Geriatric massage (<i>Shelley</i>)
Relaxation massage	Positional Release Therapy (<i>Shelley</i>)
Trigger Point massage	Pre-natal massage (<i>Sara</i>)
Manual Lymph Drainage massage (<i>Shelley</i>)	

Massage:

- Increases circulation, pumping oxygen and nutrients to the body's tissues and organs
- Releases endorphins, the body's natural pain reliever, decreasing the need for pain medication
- Reduces stress
- Improves range of motion and increases joint flexibility
- Relieves overused muscles
- Reduces recovery time after surgery or exercise
- Combats insomnia, headaches and depression

***Sara will offer New neck and shoulder/hand and arm chair massage 15 minutes \$15**

Customized Massage

30 minutes

60 minutes

90 minutes

\$55

\$80

\$115

5% discount when package of 4 sessions is purchased

\$52.25X4=\$209

\$76X4=\$304

\$109.25X4=\$437

20% birthday discount

\$44

\$64

\$92