

Massage Therapy

Chair Massage



Table Relaxation & Deep Tissue Combo



Sports Stretch



Massage Description

Chair massage: Emphasis is placed on the neck, shoulders, arms, whole back and thighs. Performed fully clothed.

Combo massage: Relaxation and Deep Tissue massage is performed on the table. This includes a full body massage with the use oils or creams.

Sports Stretch: Performed fully clothed and on the floor. The areas stretched are legs, calves, hips, arms, neck and lower back (reducing lower back pain).

SOME BENEFITS OF MASSAGE

- The chair massage will boost energy, alertness and productivity. It reduces muscle fatigue and tension.
- The relaxation deep tissue massage will relax and soften tired and overworked muscles, increase circulation, reduce sport related soreness, relieve back pain, and improve sleep.
- The sports stretch before a workout will bring oxygen into the muscles, while warming them to prevent injury. After a workout it slows down the heart and relaxes the overworked muscle.

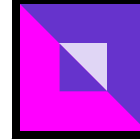
Just for today, anger not.

Just for today, worry not.

Be grateful.

Work on yourself with appreciation.

Be kind to all living things.



Raquel O'Connell
Certified Masseuse

Price List

30 min chair \$30.00

1 hour chair \$60.00

1 hour table combo \$45.00

20 min sports stretch \$20.00



To Make an Appointment

**Call Washington Court
Athletic Club
(330) 722-2473**

E-mail: oneproudmexican@aol.com