

Enhance Your Health!

# Massage

A healing art including anything from soothing relaxation to deep muscle Therapy

Experience this ancient form of healing and relaxation therapy that has been around for centuries



# Lynn Estrada

## C.M.T

Certified Professional  
Massage Therapist



## Deep Muscle Massage

Special Introductory Offer  
\$60 hour Session

215-862-0352



## Appointments

6:00 a.m.

Until

8:00 p.m.

## Gift Certificates Available

### Benefits of Massage

- Increases the nourishing blood supply to tissues and heightens the oxygenation of tissue
- Improves energy and alertness
- Aids in the recovery of pulled muscles or sprained ligaments
- Provides relief for certain repetitive motion injuries
- Reduces chronic neck , shoulder, and back pain
- Compensates for lack of exercise and muscular contraction due to age, injury, illness or inactivity
- Hastens the elimination of waste and debris stored in the muscles
- Helps strengthen the immune system



### Massage Therapy Can

- Relieve stress and anxiety
- Improve energy
- Reduce acute and chronic pain
- Increase joint flexibility and range of motion
  - Lower blood pressure
- Strengthen the immune system
- Relieve certain repetitive motion injuries
- Calm the nervous system and release endorphins, the body's own natural pain relievers

## Cost of Services

### Introductory Offer

**\$60/hr**

### Normal Prices

**\$75 / HOUR**

**\$110 / 1.5 HOURS**

**\$110.00/ 1.5 hrs**

- Deep muscle
- Neuromuscular
- Medical
- Swedish
- Sports
- Acupressure Pt. Therapy