

# Massage Therapy

at the WRAC

## Benefits of Massage

1. Relieve stress and muscle tension
2. Manage low-back pain
3. Sleep better
4. Reduce headaches
5. Decrease chronic pain

## Types of Massage Therapy Offered:

**Swedish Massage** combines kneading and long smooth strokes to help improve circulation and to relax and loosen muscles. One of the primary goals of the Swedish massage is to relax the entire body.

**Deep Tissue** is similar to Swedish massage, but the deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons, and fascia.

**Prenatal** massage relieves many of the normal discomforts experienced during pregnancy, such as backaches, stiff neck, leg cramps, headaches and edema (swelling). It reduces stress on weight-bearing joints, encourages blood and lymph circulation, helps to relax nervous tension, which aids in better sleep, and can help relieve depression or anxiety caused by hormonal changes.

## Prices

	30 Min.	60 Min.	90 Min
Swedish	\$45.00	\$90.00	\$120.00
Deep Tissue	\$50.00	\$100.00	\$130.00
Prenatal		\$100.00	

## Additional Services by Haley

Foot Detox	\$35.00
Spray Tan	\$40.00
Ear Candling	\$40.00

## ADD ONS \$10

Aromatherapy  
Hot Stone  
Scalp Massage

## To make an appointment

Haley Vickers, LA8875

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