

# Massage Therapy



Help us in welcoming to our team  
**Sunshine Loyd;**  
Certified Massage Therapist!

Massage is a vital part of self-care that has a positive effect on us as we work, play, and care for others.

Following are health reasons you should be including massage in your family budgets and schedules.

- \* Reduces anxiety
- \* Reduces the flow of stress hormones
- \* Improves sleep
- \* Boosts the immune system
- \* Improves energy levels
- \* Improves concentration
- \* Increases circulation
- \* Improves self-esteem
- \* Reduces frequency of headaches
- \* Releases endorphins

## Services Offered

<u>Time:</u>	<u>Massage</u>	<u>Deep Tissue Massage</u>
15 minutes	\$20	\$25
30 minutes	\$40	\$45
60 minutes	\$70	\$80
90 minutes	\$100	\$110

### Massage Packages

4- 30 minute session package	\$150
4- 30 minute deep tissue package	\$170
4- 60 minute session package	\$250
4- 60 minute deep tissue package	\$290

Hurry now and call us to schedule your first massage appointment!

(913) 268-8300

