



**RELAX  
UNWIND  
RENEW**

### **Benefits of Massage...**

Alleviates pain, Reduces Stress, Reduces muscle tension, Promotes healing, circulation and relaxation, Lower blood pressure, Increases range of motion, Reduces frequency of headaches and Supports effective digestion and respiration.

### **Choose the Massage that's Right for You...**

**Back, neck, and shoulder massage** - for maximum relief of stress and tension  
30 mins \$35  
60 mins \$65

**Deep tissue massage** - detailed massage applied to deep muscles and connective tissue  
30 mins \$45  
60 mins \$75

**Reflexology** - pressure applied to specific areas of the foot to promote balance of the body  
30 mins \$35

**Sports massage** - incorporates stretching into the massage to enhance athletic performance and speed recovery time  
30 mins \$40  
60 mins \$70

**Swedish massage** - general massage to reduce tension and stiffness in muscles, and enhance relaxation  
30 mins \$35  
60 mins \$65

Schedule Your Appointment Today  
**845.888.0330**

Monday thru Friday 10 - 7, Saturday 10 - 4

*Thank You for Your Business!!!*