

# Therapeutic Massage



Nurturing body work is an effective way to relax and connect to the body and spirit. As the tension leaves the body, the active mind is quieted and a sense of physical, emotional and spiritual well-being has an opportunity to develop.

## Benefits of Massage Therapy

- Relieve physical discomfort
- Lessen stress, anxiety, and depression
- Increase sensory, emotional, and spiritual awareness
- Promote the body's natural healing process

Touch goes beyond the body to our heart, mind, and spirit. If you are dealing with stress, wishing to participate more actively in your own healing, or simply looking to relax, massage therapy can add a much-needed chance to reconnect to your own sense of well-being.

## PRACTITIONERS

Jordanna Glueckauf, MPH, CMT  
Sylvia Goodman, MS, CMT  
Kate Phelan, CMT, CMLDT  
Jackie Tabb, CMT

## COST

60 Minute Full Body Massage: \$100  
90 Minute Full Body Massage: \$140

Payment is due at the time of your service.

For more information or to schedule an appointment, please call 628-336-7689.