

Massage is available in a variety of settings



In Home, Event – Table Massage

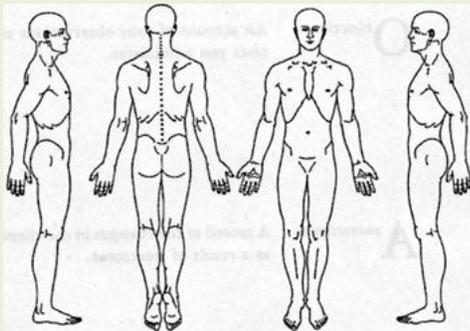


Office, Event – Chair Massage

Your Annual Appointments

Jan	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Feb	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28			
Mar	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Apr	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
May	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Jun	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Jul	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Aug	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Sept	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Oct	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Nov	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Dec	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Consider areas of discomfort



Ever Notice?

Instinctively, we massage achy muscles, sore back, neck and more.

Massage stimulates the circulation of blood and lymphatic fluid, reduces muscular tension or flaccidity, and frees the nervous system, all to enhance the body's ability to restore soft tissue.

Massage therapy is an instrument of balancing the body that consists of manual techniques, including various applications of fixed or movable pressure and active or passive stretching

Benefits of Holistic Bodywork are not limited to:

- Decrease tension in postural muscles and subluxations.
- Relieve discomfort, headaches, eyestrain and muscle spasms.
- Reduce Anxiety stiffness
- Accelerate recovery from surgery, by reducing inflammation and scar tissue from soft tissue or repetitive use injuries
- Enhance energy levels, and skin nourishment.
- Promote easier and deeper breathing by increasing ease and efficiency of movement
- Detoxify muscles from stored medications and natural acids.
- Increase the effects of Regular Exercise

Gift Certificates Available

Felicity Blackwater, LMT 440-329-5081 Felicity.Blackwater@asualumni.org		www.PurposeCommunity.org
To:	Amount:	
From:		
Authorized Signature	Expires: / /	
Gift Certificate		

Who benefits from Massage

Massage is used by conventional and alternative medical communities as one of the oldest health care practices and means of healing.

- ❖ Athletes
- ❖ Mother-to-be and infant
- ❖ Children
- ❖ Elderly - Active or Limited
- ❖ Manual Laborers
- ❖ Corporate Workers and Executives
- ❖ Stress Ridden
- ❖ Physically disabled
- ❖ Proactively Health Conscious
- ❖ Pampered for Special Occasions



Felicity Blackwater
 Licensed Massage Therapist
 Specializing in Restorative Therapies

since 2002
 480 329 5081

Felicity.Blackwater@asualumni.org
www.PurposeCommunity.org

Demands of life are felt not only in our mind, but in our bodies as well. However, rest and renewal is still disregarded for more material benefits. Our health is commonly neglected until simple repetitive use injuries become irritating or debilitating. Let the hands of an experienced professional help release tension and stress from your body and awake preventative awareness to daily tendencies. Your skin and muscles will be left feeling vibrant and wonderfully revitalized.

Pricing

Therapeutic or Relaxation

\$35 - 30 Minutes

\$65 - 60 Minutes

\$85 - 90 Minutes

Chair Massage

\$1 - 1 Minutes (min 5 minutes)

\$60 - 60 Minutes (min 4-6 people)

Student - Military - Senior Discount

\$25 - 30 Minutes

*not combined with any other offers

Coupled Massage or Party

\$10 off (each additional person's

Purchase of equal value)

Massage Membership

\$65 - Includes First 60 Minutes

\$50 for each additional hour in the same month

Referrals

Receive 25% off your next massage.

Refer 4 get 1 free. Buy 5 get 1 free.

Gratuities are appreciated for a job well done.

Top 7 Body Ailments

1. Shoulders, neck and peck
2. Carpal tunnel
3. Low back
4. Sciatica, performs stretch
5. Plantar fasciitis
6. Tennis elbow
7. TMJ

MODALITIES [customized on consultation]

Swedish vs Deep Tissue Massage

Swedish refers to a fluid effleurage of broad light, med or firm pressure. Deep Tissue includes Swedish warm up and more specific pressure and cross-fiber friction, or muscle stripping based on your needs.

Trigger Point Therapy & TMJ

TP is focused pressure local to a point of referred pain, sensation and autonomic response. TMJ uses TP, stripping & stretching to release teeth grinding, and headaches caused by tension in the jaw.

Carpal Tunnel Release

Muscle stripping and friction in the forearm, scalene and pectoralis to relieve inflammation based pain, or numbness from swelling and pressure on the median nerve. AVOID SURGERY

Reflexology Massage - Feet Only

Varying pressure points applied to mirror of the spine and organs mapped on the feet, hands & ears.

Rock & Unblock

Rhythmically similar to early body memories, promotes gentle movement, and organizes nerves.

Myofascial Therapy & Fibromyalgia Relief

Uncurling layers of connective tissue, fluid and energy in between, increasing range of motion. Gliding, brushing and vibration stimulate organs to circulate lymph and eliminate stored medications.

Sports Therapies & PNF Rehab Stretches

Sport specific, pre-event broad, quick tempo pressure stimulates circulation. Post event flushing decreases soreness and/or cramping. Faster return to training. Preventative - *Injury rehabilitation compliment therapy available, co-op with PT.

Ice or Heated Hydrotherapy

Lymphatic Massage

Superficial stroking of fluid toward the body center carries waste products away from auxiliary tissues.

Pregnancy and Infant/Child Massage

Gentle sideline massage helps to reduce neck and back pain, relieve stress on weight-bearing joints, calm the nervous system and relieve edema.

Essential Oil Aromatherapy Toning and Detox

Transformational Life Coaching

Nutrition: Weight Management Strategies

Corporate Chair Massage

Professional massage chair is postured to cradle clients in a fetal position for LTM to treat neck, back, arms, hands, and head. Comfortable clothed, re-energize in variety of environments.

Coupled Massage, Party or Event

Choose from any of these modalities and share the benefits with friends and teammates.