

Introducing Massage Therapy

Lifestyle Fitness Club

Student Name



New Massage Facility

- Opens June 1
- Offers five certified massage therapists
- Provides service seven days a week

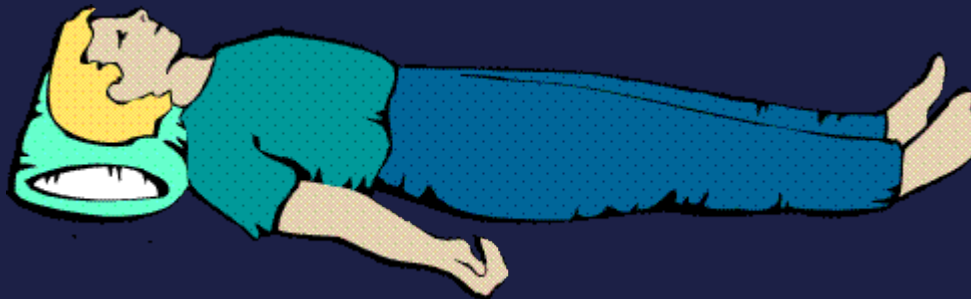
Physical Benefits

- Relieves stress
- Reduces blood pressure
- Improves posture
- Strengthens immune system



Mental Benefits

- Fosters peace of mind
- Helps relieve mental stress
- Fosters a sense of well-being



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Therapeutic Massage

- Manipulates soft body tissues
- Prevents injuries
- Reduces stress
- Alleviates pain
- Promotes health and wellness



Swedish Massage

- Massages superficial muscle layer
- Promotes general relaxation
- Improves blood circulation
- Is most common type of massage



Reflexology



- Massage points on hands and feet
- Points correspond to areas of the body
- Entire body affected

Shiatsu and Acupressure

- Uses system of finger-pressure massage
- Based on Asian healing concepts
- Treats invisible channels of energy flow

Sports Massage Therapy

- Maintenance Massage
 - Regular program of massage
 - Helps athletes reach optimal performance
- Event Massage
 - Readies athletes for top performance
 - Stimulates circulation
- Rehabilitation Massage
 - Speeds healing
 - Reduces discomfort

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Make an
appointment
soon

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