

**T**here's nothing like a great massage to melt away tension!

Studies show massage is not only relaxing, but it may also promote healing. A massage therapist can work on your muscles to help relieve headaches, spasms and tightness.

Research suggests massage may also help fight stress and disease by improving your circulation and boosting your immune system.

Always see your healthcare provider first about an injury or persistent pain. Whatever the treatment, ask if massage therapy will help.



***Peggy Schleuger***

Licensed Massage Therapist, NCTMB

***Britt Medical Clinic***

Call for an appointment:

***641-843-5050***

## ***Massage Therapy Services***



### **Relaxing Swedish Massage**

**30 minutes. . . . . \$30**

**60 minutes. . . . . \$50**

**90 minutes. . . . . \$75**

Enjoy the 60-minute session (our most popular choice) to reduce stress with the use of Swedish Relaxation Massage for the whole body. Benefit from a 30-minute therapeutic session to tend to areas of concern, or enjoy total relaxation with a 90-minute session for a complete body balance.

### **Deep Tissue Massage. . . . . \$80**

Deep tissue massage uses slower movement and deeper pressure concentrated on areas of tension and pain.

### **Full Body Hot Stones Therapy (90 minutes). . . . . \$75**

### **Hot Stones Therapy (added to any massage). . . . . \$10**

Hot stone massage is a specialty massage that uses smooth, heated stones to deeply relax and sooth your body. Hot Stones can also help to treat muscle spasms and sore muscles, as well as help with circulation.

### **Reflexology Foot Therapy (30 minutes). . . . . \$25**

Foot reflexology involves applying focused pressure to certain known reflex points that affect the levels of stress, wellness and energy of the body. The main objective is to make tired feet feel great.

### **Deluxe Reflexology (60 minutes). . . . . \$41**

Warm paraffin wax treatment penetrates deep into the feet to relax, relieve tension and sooth sore muscles and joints. It also nourishes and moisturizes dry skin. Includes an aromatherapy foot bath and reflexology foot therapy.

### **Scalp/Face Massage (15 minutes). . . . . \$15**

Relieve tension and aches while the therapist concentrates on your scalp, neck and face.

### **Seated Chair Massage (15 minutes). . . . . \$15**

Refresh yourself with a session in our massage chair to work tired muscles of the back, neck and shoulders.

### **Chair Massage for Business Groups (per hour rate). . . . . \$65**

Treat your staff to this in-business massage session. Each staff member receives a 15-minute chair massage to refresh them and let

them know they are appreciated. Pricing includes scheduling, set up, massage chair, travel and therapist fee.



## ***What Massage Can Do For You:***

1. Improve your blood circulation
2. Increase the supply of oxygen and nutrients to your cells.
3. Improve blood flow and lymph movement through your body.
4. Help you maintain better posture and body balance.
5. Improve the function of your digestive organs.
6. Reduce tension headaches.
7. Improve your breathing.
8. Remove toxins from your muscles.
9. Increase flexibility and strength of your joints.
10. Release muscle tension and relax muscle spasms.



## **Massage Therapy Services at the Britt Medical Clinic**

***Peggy Schleuger***  
Licensed Massage Therapist, NCTMB

Gift Certificates available

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To schedule your  
appointment.**

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