

Massage Benefits

- Relieves Stress
- Improves Circulation
- Releases trapped toxins in the tissue
- Alleviates muscle aches and pains
- Alleviates muscle tightness
- Reduces Blood Pressure
- Managing anxiety and depression
- Strengthens the immune system
- Alleviates discomfort during pregnancy
- Helps relieve tension-related headaches and effects of eye-strain
- Enhances the health and nourishment of skin
- Improves posture
- Reduces muscle spasms
- Improves athletic performance
- Helps with adjustments

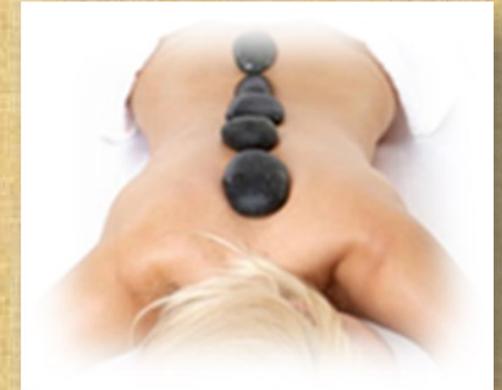
Call today to
schedule an appointment

856-308-3743

1341 Delsea Dr.
Woodbury, NJ 08096



**Available for Corporate
Chair massages, In-
home massages &
Private Events**



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Types of Massages Offered

Reiki Massage

A wonderful treatment/deep relaxation for the whole body! Release tension, reduce fatigue and restore your physical balance with ancient healing art.

Swedish Massage

The kneading and long strokes used in Swedish massage increase circulation, improves skin and muscle tone, soothes tired muscles and provides relaxation/stress relief.

Prenatal Massage

Prenatal Massage uses gentle Swedish massage techniques on a side-lying position to help assist in fluid reduction, muscular stress relief and general well-being of mom and baby. Written approval required from doctor. Not for first trimester.

Deep Tissue Massage

Techniques used in deep tissue massage are designed to alleviate muscular soreness that may result from over-exertion, intense exercise or chronic stress.

Sports Massage

Sports massage therapy is geared toward athletes of every kind. The particulars of the sports massage technique are specific to the athlete's sport of choice. Focusing on areas of the body that are overused and stressed from repetitive and often aggressive movements.

Hot Stone Massage

The ultimate massage experience skillfully uses heated river stones with massage strokes to key points on the body, creating sensations of comfort and warmth. The direct heat relaxes muscles, allowing manipulation of a greater intensity.

Massage Benefits for Medical Conditions

Arthritis
Carpal Tunnel Syndrome
Cramps
Depression
Diabetes
Fibromyalgia
Headaches
Parkinson's Disease
Plantar Fasciitis
Rotator Cuff
Shin Splints
Sleep Problems
TMJ

