



The Center for Physical Excellence now offers ...

Massage



Relax - Its Good For You!

Touch Research Institute studies have shown that massage therapy **reduces stress** by affecting the body's chemistry. Stress hormones are lower after massage, and other beneficial hormones are higher, helping to reduce depression and alleviate anxiety.

Additionally, the journal *Biological Research for Nursing* has found that hypertensive patients experience an overall **reduction in their blood pressure** after massage compared to those who just relaxed on their own.

So not only does massage feel good, ***it is good for your body!***

Relaxing Swedish Massage

This is probably the most commonly used massage. It is designed to help soothe the body and relax the upper layers of the body's muscle and to help stretch the skin, breaking up tension build up and resulting in a nice, loose, all-over feeling. Includes various techniques from other massage styles.

Deep Tissue

This massage is designed to get deep within the muscle tissue and to break up stubborn knots.

Foot Reflexology Massage

Reflexology is the physical act of applying pressure to the feet and hands with specific techniques, without the use of oil or lotions. Based on a system of zones and reflex areas that reflect an image of the body on the hands and feet with the premise that such work effects physical change to the body.

PRICES

Swedish, 60 minutes	\$60
Swedish, 30 minutes	\$40
Deep Tissue, 60 minutes	\$70
Foot Reflexology, 30 minutes	\$40

Saturdays, 7 am to 12 pm

CONTACT:
JEREMIAH LANEY
Licensed
Massage Therapist
928.778.7226



Center for Physical Excellence

3117 Stillwater Drive • Prescott, Arizona 86305
928.442.0005 • www.prescottphysicaltherapy.com