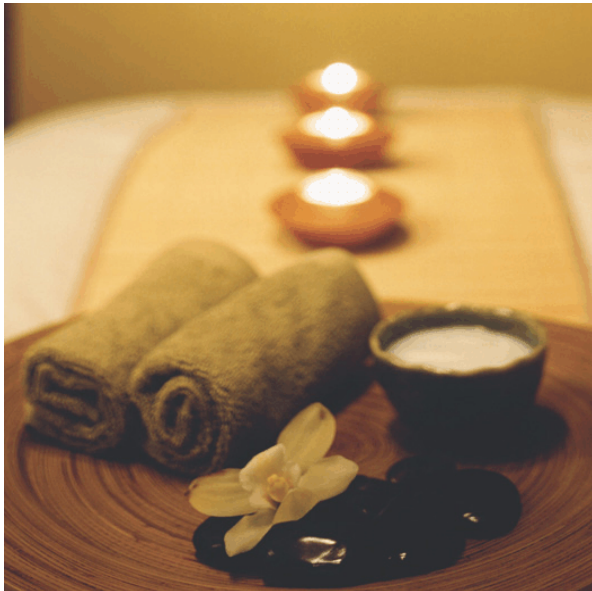


The Benefits of Massage:

Current research is beginning to validate what most clients already know about massage therapy: it can help ease or prevent many common ailments that are often treated with prescription drugs and/or hospitalization. Massage therapy is based on the ability of the body to naturally heal itself. Massage is also useful for increasing stamina and productivity. Healing Palms Massage Therapy offers both table massage, for those wanting to relax and rejuvenate, and chair massage, for those on the go. Chair massages are also offered to corporate businesses for their employees that are looking to de-stress and improve their job performance.



Healing Palms Massage Therapy

Located Inside:

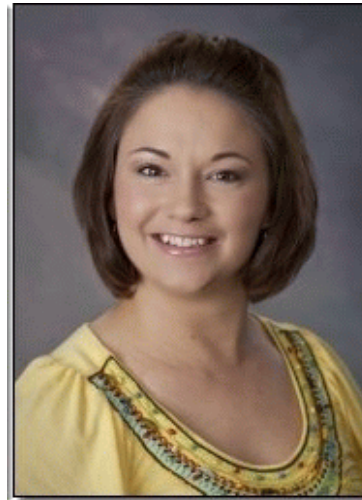
Seasons Salon + Spa

1674 Green Field Dr.

El Cajon, CA 92021

(619) 438-0438

HealingPalms.Crystal@gmail.com



I am the owner and massage therapist for Healing Palms Massage Therapy. I started Healing Palms as a way to help people achieve wellness, health, relaxation, and rejuvenation as well as de-stress, increase stamina, and increase productivity. I am looking forward to working with you in the future.

Sincerely,
Crystal

Healing Palms Massage Therapy

Achieving Wellness

Located Inside:

Seasons Salon + Spa

1674 Greenfield Dr.

El Cajon, CA 92021

(619) 438-0438

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Massage Services:

Swedish Massage

A hands-on full body massage of medium pressure. Relieves muscle tension, stimulates circulation, increases serotonin levels, improves muscle tone and promotes total mind and body relaxation.

25 minutes: \$35
50 minutes: \$60
80 Minutes: \$90

Deep Tissue Massage

A firm-pressure therapeutic massage. Helps alleviate pain, muscle spasms, stress, inflammation and tissue damage. Great for anyone with soft tissue problems that produce any discomfort or pain.

25 minutes: \$45
50 minutes: \$70
80 minutes: \$100



Sports Massage

Combined massage and stretching techniques for athletes aimed at either preparing the muscles and joints for athletic activity or helping in recovery from the stress and strain associated with athletics.

In-Office

25 minutes: \$50
50 minutes: \$80

On-Site

25 minutes: \$60
50 minutes: \$90

All Day: Negotiated Price

Reflexology

A massage of the pressure points in the feet that affect the entire body. A great way to relax!

25 minutes: \$45
50 minutes: \$70
80 minutes: \$100

Pregnancy Massage

A specially designed massage sensitive to the needs of the mother-to-be. Pregnancy massage is recommended to begin in the second trimester and throughout the remainder of the pregnancy.

25 minutes: \$45
50 minutes: \$70
80 minutes: \$100

Hot Stone Massage

Heated stones are placed on key points on the body, along with oil, providing deep penetration and warmth. Combined with traditional massage techniques, the direct heat relaxes the muscles allowing manipulation of a greater intensity than with massage alone.

80 minutes: \$115

Aromatherapy Massage

Scents are proven to be the strongest link to memory, relaxation, and rejuvenation. Various aromas can be added to any massage to help relax, detoxify the body, ease sore muscles, relieve tension, and improve circulation.

Aromatherapy Can Be Added To Any Massage For An Additional \$10

Seated Chair Massage

An efficient, fully-clothed massage that improves circulation, stimulates muscles and reduces tension in the back, neck and shoulders.

5 minutes: \$5
15 minutes: \$15
30 minutes: \$30



Corporate Chair Massage

Corporate chair massages are also offered to the employees of contracted corporate businesses. Corporate Chair Massage is the solution to fatigue and mental stress resulting from day to day pressures. It helps employees to de-stress, increase stamina, and improve productivity. It is a 10 to 15 minute treatment perfect for workplace moral or even parties!

Corporate chair massage is available for a negotiated fee.



Notes About Your Massage:

- Guests should be available 15 minutes prior to treatment to allow time change and begin the relaxation process.
- A 24-hour cancellation notice is greatly appreciated.
- This is your time to relax and escape. Please turn off your cell phone.
- Gratuities are customary and greatly appreciated. Typical gratuity is 10%-15% of your total massage package and is not included in any of the massage services.



HEALING PALMS MASSAGE THERAPY