

## Increase the Benefits with frequent visits.

Getting a massage can do you a world of good. And getting massage frequently can do even more. This is the beauty of bodywork. Taking part in this form of regularly scheduled self-care can play a huge part in how healthy you'll be and how youthful you'll remain with each passing year.



## Benefits of Massage

- Relieves stress
- Encourages Relaxation
- Improves Circulation
- Helps Manage Pain
- Lowers blood pressure
- Decreased anxiety

## Licensed and Certified in:

Swedish  
Deep tissue  
Shiatsu  
Trigger-Point  
Ashiatsu  
Chi Stones  
Cupping  
Raindrop Therapy  
Reflexology  
Pre-natal  
Sports  
Thai

## Customized Wellness Program Information

The Way Of Life's Energy.

TAO QI  
MASSAGE THERAPY  
Tel: (757) 988 8066

The logo is a circular Yin-Yang symbol. The white (Yang) side contains the Chinese characters for Earth (土) and Metal (金). The black (Yin) side contains the Chinese characters for Fire (火), Wood (木), and Water (水). The text 'Tao Qi Massage Therapy' is written across the center of the symbol in a stylized font.

5005 Victory Blvd.  
Yorktown, VA 23693  
(K-Mart Shopping Center)

# Customized Massage Wellness Program

## What To Expect When

### Receiving A Massage...

**Before Starting:** You and your therapist will discuss how the massage will be customized to meet your needs.

**Clothing:** Traditionally the massage is performed with the client undressed. However you may undress to your comfort level.

**During The Massage:** A typical full-body massage will include work on your back, arms, legs, feet, hands, and neck. Your therapist will ask permission before working your gluteal muscles, abdomen and/or pectoral muscles.

**After The Massage:** Drink plenty of water. During your massage, toxins will be released. In order to flush them out you should double your intake of water for the following 48 hours.



## Wellness Program

### \$49\* 1-hour introductory massage session

Enjoy your first massage at our introductory rate. This is a savings of 40% off our regular rates.

### \$55 Monthly Membership dues\*

Your first 1-hour session each month. This is a saving of over 25% off our regular rates

### \$55 Unlimited additional 1-hour massage session\*

Make massage part of your routine with additional visits throughout the month at a saving of over 25%

\*1-hour massage sessions consist of a 50minute massage and 10 minutes for consultation and dressing

\*Cancellation fee will apply for no-show and no 24 hour notice.

## Additional Program benefits

- Guest privileges
- Earn a 30 minute massage upgrades with 2 referrals and with your 4th referral, receive a specialty add-on



## Membership types, benefits and limitations

**3 Month Membership, \$30 Sign up fee** locks you in at the \$55 rate for 3 months. Guest privileges and referral program. No roll-over and at the end of the membership, all unused massages will expire.

**6 Month Membership \$40 Sign up fee** locks you in at the \$55 rate for 6 months. Guest privileges and referral program. Massages roll-over allowed but, expire at the end of the membership.

**12 Month Membership \$50 Sign up fee** locks you in at the \$55 rate for 12 months. Guest privileges and Referral program. Massage roll-over allowed and you have 3 months after membership expires to use them up.