

## Benefits of Massage

- Reduces recovery time
- Reduces muscle spasm
- Reduces pain
- Reduces stiffness
- Promotes stress relief
- Increases circulation
- Increases range of motion
- Helps manage anxiety and depression
- Helps control blood pressure
- Helps boost immunity

## Benefits of Cupping

- Pain relief
- Increase muscle flexibility
- Promotes relaxation
- Improve energy flow

GET A MASSAGE and  
"Bounce back to life!"

Take advantage of one of our restorative massage programs.

## SINGLE PURCHASE MESSAGES

**25 minute** Therapeutic Massage - \$40

**50 minute** Therapeutic Massage - \$75  
with Cupping - \$90

**80 minute** Therapeutic Massage - \$105  
with Cupping - \$120

## REBOUND & RECOVER

**\$65 for a 50 minute** Therapeutic Massage when  
purchased in a package of four.  
*(\$260 valued at \$300)*

**\$75 for a 50 minute** Therapeutic Massage with  
Cupping when purchased in a package of four.  
*(\$300 valued at \$360)*

*Ask us about our discounts for  
Military, Seniors, First Responders, & Medical Professionals*

\*Tax and gratuity not included. **Prices subject to change without notice.**

\*Fees apply for date extension and/or transferring to another person.

\*Packages are not eligible for additional discounts.