

Invest in Your Health with Massage



To schedule your appointment today call:
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Or Go to

<http://www.fullcirclehealthsmp.com/>

On home page click on "Schedule Your
Appointments" under "Schedulicity," and
follow instructions.

MASSAGE HOURS

Monday -Saturday

Upon Availability



Research Shows

- Massage can reduce sports-related soreness and improve circulation—good to know when you may be exercising more to reduce stress.
- Deep-tissue massage is effective in treating back pain.
- Fibromyalgia patients receiving massage have less pain, depression, anxiety, stiffness, fatigue, and problematic sleep.
- Massage reduces symptoms of carpal tunnel syndrome.
- Oncology patients show less pain, fatigue, nausea, anxiety, and depression following massage therapy.
- Stroke patients show less anxiety and lower blood pressure with massage therapy.
- Massage therapy is effective in reducing postsurgical pain.

Relaxing Swedish Massage

This is one of the oldest and most popular massages using customized techniques, to best fit your needs. This classic relaxing massage helps enhance circulation while reducing stress and easing aches and pains.

30 mins (upper/lower body) / 60 mins / 90 mins
\$35 / \$65 / \$85

Pediatric/Adolescent Massage

This treatment is recommended for children ages 15 and under for stress reduction and relaxation from every day activities. *THIS IS NOT A DEEP TISSUE MASSAGE.* Parent must give consent and be present at time of session.

30 mins (upper/lower body) / 60 mins.
\$25 / \$50

Therapeutic Massage

Provides beneficial changes to relieve symptoms of stress, illness and injuries to help strengthen the body's sense of well-being and renewed energy for deepened relaxation.

30 mins (upper/lower body) / 60 mins. / 90 mins
\$40 / \$70 / \$90

Reflexology Session

Our Reflexology treatment revives your entire being! Based on an Ancient Chinese Therapy, Reflexology involves manipulation of specific reflex areas in the feet, hands, and ears that correspond to other parts of the body.

30 mins (upper/lower body)/ 60 mins.
\$40 / \$70

Deep Tissue Massage

Used to alleviate pain, brings about better posture, more flexibility and fluid movement. Work with the tissue to relax, lengthen and release holding patterns.

30 mins (upper/lower body) / 60 mins / 90 mins
\$50 / \$80 / \$100

Pre-Natal Massage

A comforting massage created specifically for expectant mothers to relieve muscular aches and pains that you might experience during pregnancy. *(Recommended only after 1st trimester of pregnancy or doctors referral.)*

30 mins (upper/lower body) / 60 mins.
\$40 / \$70

Active Isolated Stretching

The Mattes Method is an effective therapeutic treatment for deep and superficial fascial release, restoring proper fascial plane symmetry for optimal physiologic functioning of neural, lymphatic, vascular systems as well as our body's bio-chemical, biomechanical, and piezoelectric homeostasis.

45mins / 60 mins. / 90 mins
\$50 / \$80 / \$95

Hot Stone Massage

This treatment is highly recommended for a much deeper state of relaxation. As warm stones glide over the muscles, penetrating heat causes tension to simply melt away. Heated stones are used to enhance a nurturing head-to-toe.

30 mins (upper/lower body)/ 60 mins / 90 mins
\$60 / \$85 / \$100

Neuromuscular Massage

Neuromuscular therapy consists of alternating levels of concentrated pressure on the areas of muscle spasm. The massage therapy pressure is usually applied with the fingers, knuckles, or elbow. Once applied to a muscle spasm, the pressure should not vary for ten to thirty seconds.

60 mins ~ \$85

Myofascial Release/Cupping

Myofascial Release is a safe and very effective hands-on technique that involves applying gentle sustained pressure into the Myofascial connective tissue restrictions to eliminate pain and restore motion.

60 mins / 90 mins
\$85 / \$100

