

LOCATION – CONTACT INFORMATION

Conveniently located near King Soopers
and Angie's restaurant by Coalmine
and Pierce.

6638 W. Ottawa Ave, Suite 160-1
Littleton, CO 80128
Ph: 720-331-6769
E-mail: goodhealthmt@aol.com
Website: goodhealth.massagetherapy.com

**Visa/MasterCard; Cash;
& Checks are accepted.**



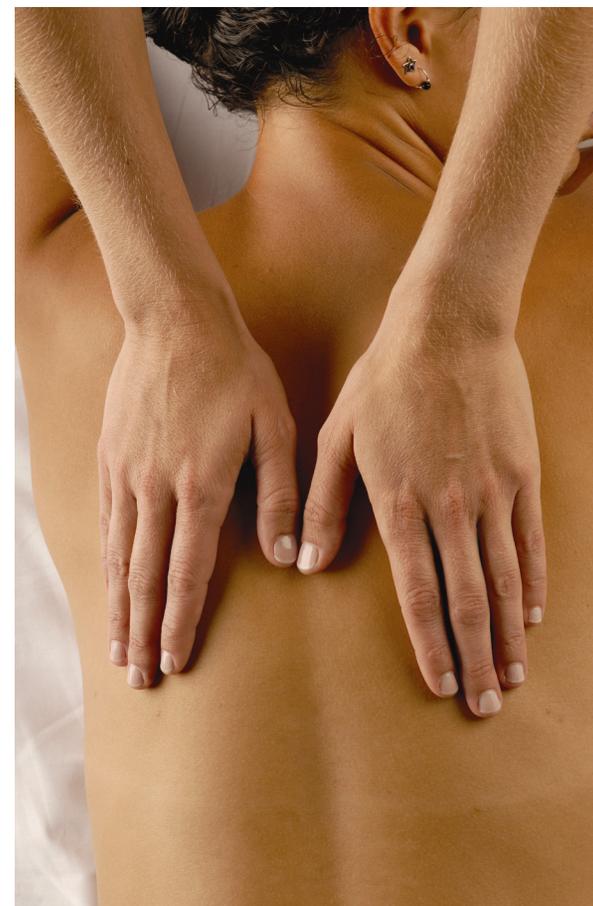
No Show, Cancellation, and Bad Check Policy

Please understand that other clients may be competing for your same appointment time. In order to be courteous to them and to me, please give 24 hour notice of canceling your appointment. Non-notification of canceling an appointment may result in a \$25 fee, which must be paid before another appointment will be accepted.

Checks are accepted for payment of your massage sessions. However, if a check is returned due to non-funds, an additional \$15 fee will be applied in addition to the bank charges.

健康

*Good Health Massage Therapy
Menu of Services*



健康

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goodhealth.massagetherapy.com

PHILOSOPHY

In Eastern cultures, it is standard to take a proactive approach to one's health. Keeping balance within the body can help prevent disease. Massage is one way to help people manage stress and pain, increase energy, and promote a healthy immune system. I believe massage should not be available only to an elite crowd. My mission is to make my services affordable and attainable to all populations. I am committed to always offering you superior quality massage at affordable prices and I hope that we can partner together to help you achieve balance and Good Health.

GIFT CERTIFICATES ARE ALWAYS AVAILABLE AT THE PRICES LISTED

Visa/Mastercard/ accepted

Please call to place your order

Give the gift of massage for birthdays, Christmas, Mother's Day, Father's Day, wedding or baby showers, or just to say relax and take time for inner peace.



On-Site Chair Massage– \$1-minute

Are your employees stressed? Companies across the country are using seated massage to make work less stressful and to manage pain caused by repetitive motion. Just a short "stress-buster" relieving tension in the neck, back, and shoulders can reduce pain, increase energy and productivity, and promote a healthier immune system.

Integrated Deep Tissue Bodywork Treatment– \$50/60-minutes, \$70/90-minutes

Having problems such as carpal tunnel, low back pain, neck/shoulder pain, sciatica, etc that need to be addressed? Try an integrative bodywork massage using trigger point therapy, deep tissue and various stretching techniques. This work addresses specific conditions and helps to improve muscle tone, posture, and joint range of motion. Additionally, it releases pain patterns and trigger points and assists in venous and lymphatic flow.

Relaxation Treatment– \$50/60-minutes; \$70/90-minutes

Soothe your aching muscles and revitalize your spirit with an integrated Swedish massage. This treatment can include Reiki (a Japanese style of energy work), motion palpation, and range of motion variations. Leave your session feeling relaxed, stretched and revitalized. Hot packs, aromatherapy, and Chinese liniments are also used at no additional charge.

Japanese Hot Stone Massage–\$70/90-minutes

Based upon anma, one of the oldest forms of Asian massage, this stone massage can be gentle to relieve stress or deep and penetrating to reduce significant back, neck and shoulder tension. This therapy combines acupressure (rejuvenating *ki* or life force energy) with massage and is sure to bring you to a state of deep relaxation.

Japanese Facial (combined with hand and foot massage)–\$50/60-minutes

Ko bi do or Ancient Way of Beauty...in Japan, beauty is a reflection of health. This massage is a vigorous and stimulating technique that helps to improve facial tone, remove toxins, and improve blood flow which supplies oxygen and other nutrients. Additionally, it relieves facial tension, helps lymph drainage and tonifies organ meridians by activating *tsubo* or acupressure points. Please note, this treatment is not intended to treat skin conditions, but rather to work your facial muscles and give you that natural face lift.

Pregnancy Massage– \$50/60-minutes; \$70/90-minutes

Using proper positioning, this massage is designed for the mother-to-be. Reduces stress on weight-bearing joints, promotes relaxation for mother and baby, and improves blood and lymphatic flow. Helps mom to sleep better, relax mind and body, and breathe more deeply. Because massage supports your physical health and vitality, it can help you more easily adjust to the many changes in your body and demands of your new life.

Infant Massage Instruction–

The benefits of infant massage can help nurture your baby's psychological, physiological, and developmental growth. Learn techniques that can help relieve your baby's discomfort from gas, colic, and constipation, reduce stress hormones, stimulate neurological development, and create a strong caregiver/child bond. Please contact me for further details.

**** THAI MASSAGE ****

Nerve Touch Technique Learned in Chiang Mai, Thailand

\$60/75-minutes

\$70/90-minutes:

includes Thai medicinal herb compresses \$10 off first session

Thai massage is an ancient healing tradition originating some 2,500 years ago. Its foundation lies in yoga, Ayurvedic medicine, acupressure and Buddhist philosophy. Often times called "lazy man's yoga," this massage assists the client in deep yoga like stretches, while applying acupressure and using warm Thai herbal compresses. The client is fully clothed and the massage is on a floormat. This massage improves blood circulation, relieves muscular tension and spasm, boosts the immune system, and balances the body energetically and spiritually.



Spa Parties–\$1/minute

The next time you plan a bridal or baby shower or just a small gathering of friends, consider bringing the spa to your home. You and your guests decide ahead of time what types of services you would like to have at your party and the spa comes to you. Please inquire for further details. Travel and set up costs may apply. Minimum 2 hours; Maximum 6 hours. Hostess supplies food and beverages.

