

## Body Massage

Massage therapy brings healing and wellness to your body.

In addition to being effective for pain relief, massage is also beneficial as a stress-reducer.

There are many different types of massage with different intentions. Swedish massage, for instance, the therapist uses long strokes, kneading, deep circular movements, vibration, and tapping. Sports massage is similar to Swedish massage, adapted specifically to the needs of athletes. Discuss with your therapist ahead of time, issues you may be experiencing to choose the best type of massage for your intended outcome.

## Types of Massage

Therapeutic Massage Swedish Massage Sports Massage Hot Stone Massage  
Reflexology Hand and Foot Massage Paraffin Treatments

Bill Dillard, LMT

S: 423.910.0548 C: 423.774.7944

Paige Bowman

S: 423.910.0548 C: 423.240.7001

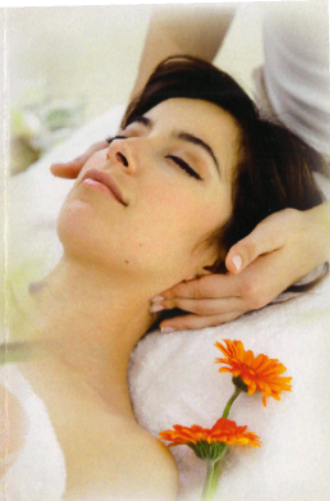
## Ultimate Facials & Body Wraps

Deep pore Cleansing Facial Paraffin Hand Treatment with Massage

Bikini Wax Face Wax Eye Brow Wax Lip Wax

Foot Massage: Dipped in paraffin wax, then massaged for total relaxation. Softens your feet and good for circulation!

100% Pure Collagen: Penetrates into the skin using galvanic current.



Shelia Beech, Licensed Aesthetician

S: 423.910.0548 C: 423.309-5153