- Why -Massage therapy not only provides relaxation and relief to muscle strain and fatigue, a therapeutic massage may improve your health. There are many benefits to massage

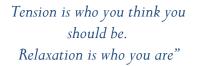
therapy, including physical, emotional, and physiological improvements in the body.

- Where & When -

Available in our Massage Treatment rooms at the Mattakesett Activities Center. In Room Service available for an additional charge. Daily 8:00am-5:00pm

- Cancellations & Rescheduling-

ALL APPOINTMENTS MUST BE CANCELLED/RESCHEDULED AT LEAST 24 HOURS IN ADVANCE TO AVOID BEING CHARGED.



Chinese Proverb





Massage

Reservation 508-627-1331 X 1501

Hot Stone Therapy		Neuromuscular Therapy		Swedish	
Warm stones are placed on the Chakra centers of the body during your massage. Perfect way to relieve tense muscles, sore joints, and increase energy.		A specific massage using soft tissue manipulation that balances the body's systems. Helps to relieve acute or chronic pain.		Long, flowing, connecting strokes are used to relax muscle tension and soothe your mind and spirit.	
Single 60 minutes	155.00	Single 60 minutes	145.00	Single 60 minutes	135.00
Couple 60 minutes	310.00	Single 90 minutes	215.00	Single 90 minutes	200.00
		Couple 60 minutes	290.00	Couple 60 minutes	270.00
Back, Neck and		Deep Tissue		Foot Reflexology	
Shoulde	ers				
The three most common places to hold your daily stress. Your therapist will work to alleviate tension and rejuvenate your soul.		Deep, strong, invigorating massage that will ease muscle soreness due to overuse or stress.		Pressure points on the feet are manipulated to help with tension and fatigue creating balance and harmony throughout the body.	
Single 60 minutes	135.00	Single 60 minutes	135.00	Single 60 minutes 90 minutes	140.00 200.00
Couple 60 minutes	270.00	Single 90 minutes	200.00	Prena	-
		Couple 270.00 60 minutes		A gentle relaxing massage for the mother to be.	

60 minutes

145.00