

## WELCOME TO TRANQUILITY

### MEET AND GREET

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### STARTING YOUR SESSION

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### DURING YOUR SESSION

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### ENSURING YOUR WELLNESS

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FREEDOM FROM STRESS  
AND PAIN RELIEF ARE JUST  
A CLICK AWAY.

VISIT [WWW.YOURWEBSITEHERE.COM](http://WWW.YOURWEBSITEHERE.COM)  
OR CALL 555.543.5432

5432 ANY STREET WEST, TOWNSVILLE, ST 54321



NATURAL HEALING  
THROUGH INTERACTIVE  
BODY TECHNIQUES.

REJUVENATE / RESTORE / REBALANCE





Massage therapy can be a powerful ally in your wellness program. Utte wisi enim ad minim veniam quis nostrud exerci dolor sit amet erat lorem dolor consectetur.



### MASSAGE THERAPY

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### PROFESSIONAL THERAPISTS

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### REBUILD AND RESTORE

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# THE FEELING EVERYBODY WANTS.

## THE BENEFITS OF MASSAGE THERAPY

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- > RELIEVES STRESS
- > ENCOURAGES RELAXATION
- > IMPROVES POSTURE
- > IMPROVES CIRCULATION
- > LOWER BLOOD PRESSURE
- > RELAXES MUSCLES
- > IMPROVES FLEXIBILITY
- > PROMOTES DEEPER BREATHING
- > RELIEVES HEADACHES
- > STRENGTHENS THE IMMUNE SYSTEM
- > ENHANCES POST-OPERATIVE REHAB
- > REDUCES RISK OF INJURY

Therapeutic needs don't only vary from person-to-person, but also from day-to-day. That's why we offer a variety of massage types to choose from. With variations in pressure, technique, areas of focus and desired outcome, every visit is a chance to find your new favorite massage.

### TRIGGER POINT THERAPY

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### SWEDISH MASSAGE THERAPY

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### DEEP TISSUE MASSAGE

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### SPORTS MASSAGE

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### REFLEXOLOGY

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### CRANIAL SACRAL THERAPY

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### PRENATAL MASSAGE

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### GERIATRIC MASSAGE

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