

# Brooks Chiropractic & Wellness Clinic Massage Therapy Services and Pricing

## Introduction to Massage

Massage is one of the oldest healing arts: Chinese records dating back 3,000 years document its use; the ancient Hindus, Persians and Egyptians applied forms of massage for many ailments; and Hippocrates wrote papers recommending the use of rubbing and friction for joint and circulatory problems. Today, the benefits of massage are varied and far-reaching. As



We have 30, 60 and 90 minute massages available as well as some specialty massages.

an accepted part of many physical rehabilitation programs, massage therapy has also proven beneficial for many chronic conditions, including low back pain, arthritis, bursitis, fatigue, high blood pressure, diabetes, immunity suppression, infertility, smoking cessation, depression, and more. And, as many millions will attest, massage also helps relieve the stress and tension of every day living that can lead to disease and illness.

Our mission at the Brooks Chiropractic & Wellness Clinic is to help as many people as possible through Wellness care.

We define wellness care as care without the use of drugs or invasive surgery.

Massage therapy is one of the many wellness care options we offer at the clinic.



**Hot Stone Massage is only one of our many specialty massages.**

## Price List

### Regular Massage Session

30 Min \$35.00  
60 Min \$60.00  
90 Min \$85.00

### Chair Massage

A chair massage is given while a person sits in a specially designed chair. This massage chair is designed so you can sit in it with your chest facing a platform, knees bent and feet supported on foot rests, leaving your entire back exposed. This allows the massage therapist to work on the entire back body, back of the head, neck and spine.

15 Min \$15.00  
30 Min \$25.00

### Cranial Sacral Massage

A delicate and focused technique concentrating on the flow of cerebral spinal fluid in the head, neck and spine. Especially helpful for sinus or migraine relief. Comfortable clothing during massage is recommended.

60 Min \$75.00  
90 Min \$95.00

### Deep Tissue Massage

Deep tissue massage targets the deeper layers of muscle and connective tissue. Deep tissue massage is used for chronically tight or painful muscles, repetitive strain, postural problems, or recovery from injury. Clients may feel sore for one to two days after a deep tissue massage.

60 Min \$65.00  
90 Min \$90.00

### Hot Stone Massage

Heated, smooth stones are placed on certain points on the body to warm and loosen tight muscles and balance energy centers in the body. The warmth is comforting. Hot stone massage is good for people who have muscle tension but prefer lighter massage. Journey to the center of yourself with this profoundly relaxing service. reduce inflammation.

90 Min \$95.00

### Lymphatic Massage

Recommended to relieve water retention, edema, and the effects of a sedentary life, this gentle massage technique promotes a thorough internal flushing of the body's toxins and waste materials through the lymphatic system and allows nutrients to be transported to the cells more quickly.

60 Min \$75.00

### Neuromuscular Massage

Increase circulation to the area affected, break up tightness and adhesions and decrease pain. It can boost mood by increasing the productions of certain chemicals, namely endorphins and serotonin, and increase immunity by allowing immune cells to work more efficiently by assisting in the detoxification process.

60 Min \$75.00

### Prenatal Massage

Becoming more and more popular among pregnant women! Used to reduce stress, decrease swelling, relieve aches and pains, and reduce anxiety and depression. This massage is customized to a woman's individual needs.

30 Min \$35.00  
60 Min \$60.00  
90 Min \$85.00

### Reflexology Massage

This unique pressure point massage restores the flow of energy throughout the body by stimulating certain "reflex" areas of the hands and feet that corresponds to glands.

30 Min \$30.00  
60 Min \$65.00

### Shiatsu Massage

Shiatsu is a form of Japanese bodywork that uses localized finger pressure in a rhythmic sequence on acupuncture meridians. Each point is held for two to eight seconds to improve the flow of energy and help the body regain balance. People are normally pleasantly surprised when they try shiatsu for the first time. It is relaxing yet the pressure is firm, and there is usually no soreness afterwards.

30 Min \$35.00  
60 Min \$60.00  
90 Min \$85.00

### Swedish Massage

Swedish massage therapy can be very gentle and relaxing. If you've never had massage before, this is a good one to try first. Massage therapists use long smooth strokes, kneading, and circular movements on superficial layers of muscle.

30 Min \$35.00  
60 Min \$60.00  
90 Min \$85.00

## Brooks Chiropractic & Wellness Clinics

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## The Benefits of Massage Therapy

What exactly are the benefits of receiving massage or bodywork treatments? Useful for all of the conditions listed below and more, massage can:

- \* Alleviate **low back pain** and improve range of motion.
- \* Assist with shorter, easier labor for **expectant mothers** and shorten maternity hospital stays.
- \* Ease **medication dependence**.
- \* Enhance **immunity** by stimulating lymph flow-the body's natural defense system.
- \* Exercise and stretch the **weak, tight or atrophied muscles**.
- \* Improve the condition of the body's largest organ-**the skin**.
- \* Increase **joint flexibility**.
- \* Lessen **depression and anxiety**.
- \* Promote tissue regeneration, reducing **scar tissue and stretch marks**.
- \* Pump oxygen and nutrients into tissues and vital organs, improving **circulation**.
- \* Release endorphins-**amino acids** that work as the body's **natural painkiller**.
- \* Reduce **spasms and cramping**.
- \* Relieve **migraine pain**.

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## Massage Therapy

*The Right Choice -  
Naturally*