



The Massage Experts

Our Story

Massage To Wellness is the experts in therapeutic and recovery massage and we don't just talk about health and wellness, we live it. We built our business by prioritizing our client's wellness needs. Our studio is proud to provide a wellness sanctuary for every client that focuses on providing therapeutic massage to promote greater health and wellness.

Every massage we do is a **Wellness Massage**



Client

We focus on your *you-nique* needs



Wellness

Your health is our number 1 priority



Journey

Your therapist assists you during each step



Unique

Custom massage for your individual needs



Service

We strive for excellence in everything we do

At Massage To Wellness you will receive a truly customized therapeutic massage each and every time you visit. Our service is focused on you — the client — and our ability to enable your greater wellness through a custom, individualized massage. That is why we call this approach a *Wellness Massage*.

While massages therapies can vary widely, by listening to what you need, our therapists are able to blend techniques to deliver a truly customized massage experience that is guaranteed to meet or exceed your expectations.

The Massage To Wellness Team



Massage Therapies & Rates 2019



Sports/Deep Tissue 60 min - R570

A *deep tissue massage* is done across the entire body to release tension; *sports massage* focuses on specific target areas (back or legs) to help prevent injuries.



Neuromuscular/Clinical 60 min - R570

A specialized form of massage therapy that works with static pressure on specific myofascial points and manual lymphatic drainage in order to relieve pain.



Aromatherapy 60 min - R570

Combines essential oils with traditional massage techniques to enhance healing, pain relief, and stress reduction during a massage.



Swedish 60 min - R500

A variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones.



Shiatsu 60 min - R500

Apply pressure using only the fingers, palms and thumbs on points related to the central and autonomic nervous systems.



Lymph Drainage 60 min - R500

Encourages the natural drainage of the lymph, which carries waste products away from the body toward the heart and liver.



Reflexology 60 min - R500

Applying pressure to areas of the feet, using specific hand techniques, to relieve ailments and keep the body aligned and balanced.



Hot Stone 60 min - R500

Warmed stones are positioned on the body to maximize the therapeutic benefit for muscle relaxation, pain relief and improved circulation.



Pregnancy 60 min - R500

Customized to the needs of pregnant women and their changing bodies to relax tense muscles, ease sore spots and improve mobility.



Focus Area (Back, Neck & Shoulders or Legs)

60 min - R500 | 45 min - R450

Focusing on one problem area using a variety of massage techniques for muscle tension, pain relief and relaxation.

Massage Therapy Benefits



General Pain Relief

Relief of back pain and inflammatory conditions such as arthritis and tendonitis.



Recovery

Post-injury and post-surgical rehabilitation to decrease recovery time.



Detox

Massage detoxes by flushing out water and toxins trapped in muscles and lymph.



Stress Release

Massage and aromatherapy oils releases endorphins to help with relaxation.

Massage Packages 2019

Buy in bulk and save!

Here at Massage To Wellness, we offer great massage packages, giving you the opportunity to make regular massage therapy more affordable.

- Of course, if you buy in bulk, you **save money!**
- Once you have purchased the package **it only expires in 12 months**, so you can use your package when you want to.
- You can **share a package** with a friend or partner.
- You can **rotate between massage therapies** (depending on your package); and get to experience all our amazing therapies!

Massage Package 60 min (R570)

(Sports/Deep Tissue, Neuromuscular/Clinical or Aromatherapy)

4 x Massage for R2080 **Save R200!**

3 x Massage for R1605 **Save R106!**

2 x Massage for R1100 **Save R40!**

Massage Package 60 min (R500)

(Swedish, Lymph Drainage, Focus Area, Reflexology, Hot Stone, Pregnancy or Shiatsu)

4 x Massage for R1840 **Save R160!**

3 x Massage for R1410 **Save R90!**

2 x Massage for R960 **Save R40!**

Tel: +27 74 531 6113 | Email: admin@massagetowellness.co.za

10 Lourensford Road, Somerset West

www.massagetowellness.co.za

