

Our 2 most popular options are:

1) Deep Tissue Massage:

As its name describes it, this massage targets the deeper layers of muscles and soft tissues. It calls for a variety of release techniques whereby the therapist works closely with your pain-pleasure threshold to relax those deeply buried chronic tensions.



2) Sports Massage:

Specifically designed for muscle fatigue and tension that occur after arduous physical activity. You don't have to be a pro-athlete or weekend warrior to enjoy one. The strokes are faster and targeted. Stretching is often incorporated to help loosen up and increase overall flexibility and performance.



Indulge your Senses Relax, Rest, Heal Experience a Therapeutic Massage

Other popular choices are:

3) Swedish Relaxation:

This is the most common type of massage in the United States. It uses classic smooth strokes, kneading, and circular movements to soothe and relax tired muscles. It will stimulate your circulation and senses. If you've never had a massage before, this is a good one to try first.

4) Reflexology Session:

This natural healing technique relieves stress, promote relaxation, increases blood flow, and help re-balance the body through the stimulation of specific pressure points of the feet &/or hands. It includes a pre-session paraffin wax immersion.

Massage by appointment only.

Call: (562)428-3556

Same day sometime available.

Located at **Medcessiry:**

4010 Orange Ave, Long Beach, CA 90807

Pricing:

Forty minutes: -\$60,

Sixty minutes: -\$85

Paraffin immersion: -\$5 per body part

Significant savings available for
buying in blocks of 3 or 5 massages.

Etiquette:

- ☞ Arrive a few minutes early. Most people prefer to remove all clothing and jewelry. If you feel more comfortable leaving your undergarments on, that's fine too.
- ☞ Once you are with your therapist you will be asked certain questions. Feel free to express your needs so as to receive specific attention to tense or trouble spots.
- ☞ Relax; this is your time and time for your body (and your mind) to release the worries and stresses of the day. Deep breathing and closing of your eyes will assist in your complete relaxation.
- ☞ Turn off your cell phone.
- ☞ Do not bring children and leave them unattended, it may be unsafe.
- ☞ Trust your massage therapist to move your limbs in whatever position is necessary for and during the massage.
- ☞ Know that you are in a professional therapy operations and do not expect anything other than therapeutic services.
- ☞ Give honest feedback to the therapist, owner, receptionist... We care to know if your experience was as expected.
- ☞ We are not responsible for lost or stolen items.

GIFT CERTIFICATES AVAILABLE

Deserve, need a little extra?
Ask about a paraffin wax
immersion. You'll see.





Melt away pain and tension with a
Therapeutic Massage Experience.

For Men & Women

- ☞ **Deep Tissue Release**
- ☞ **Sports Massage**
- ☞ **Swedish Relaxation**
- ☞ **Reflexology Session**

The perfect succession after a long
recovery to staying healthy and balanced.



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**Therapeutic
Massage
Experiences**