

Massage Therapy Benefits...Your Mind, Body & Spirit

Massage Therapy can do wonders for your body, both physically and mentally. Massage is a recognized effective treatment for many health conditions and is no longer considered just an indulgence. We offer a wide variety of therapies to meet your personal health needs. Our experienced staff will happy to assist you when you call for your appointment. Hours of operation vary based on the therapist's schedule. Call in advance to schedule your massage. We appreciate your patronage. Our Massage Therapist wants your treatment to be enjoyable and relaxing.

Many of the benefits include:

- Reduced Stress & Anxiety
- Relief from Muscle Tension & Join Stiffness
- Increased Blood Circulation
- Reduced Heart Rate
- Induces Relaxation
- Reduces Back Pain
- Relieves Depression & Insomnia
- Relieves Myofasical & Fibromyalgia Pain
- Relieves Headaches / Migraines

When setting your appointment, please let the staff know if you would like a full hour or a half hour massage.

If you have any questions or concerns about your therapy or would like to schedule a massage please call our office at 316-962-8015.

Our Massage Therapy Schedule is:

Monday and Tuesday 9:00 A.M. - 2:00 P.M., Wednesday and Thursday 10:00 A.M. - 6:00 P.M., Friday 1:00 P.M. - 5:00 P.M.

Our Massage Therapy Prices:

Member	
1/2 Hour	\$35.00
1 Hour	\$50.00

Non-Member	
1/2 Hour	\$40.00
1 Hour	\$65.00

We offer Health Strategies members Member Package Discounts. Please call 316-962-8015.

Massage Cancellation Policy

24-hours notice is required for changes or cancellations in appointments. Massage will be provided for the remaining scheduled time for individuals arriving late.