Massage Benefits

- Alleviates pain, improves range of motion, and increases flexibility
- Enhances immunity by stimulating lymph flow
- Promotes tissue regeneration
- Improves circulation
- Releases endorphins that make you and your body feel good naturally
- Reduces spasms and cramping
- Relaxes & softens injured, tired, and overused muscles
- Lessens depression & anxiety
- Improves condition of skin
- Increases energy, improves concentration, and reduces fatigue
- Enhances sleep quality

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Remote Site Fitness, Massage Therapy & Personal Services

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**Price List**

Therapeutic Massage Prices

- 30 Minute $60
- 50 Minute $110
- 90 Minute $150

**Ways to Book**

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