

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

RecNAction

Remote Site Fitness,
Massage Therapy &
Personal Services



Bringing Recreation, Fitness,
and Leisure Activities to
Remote Work Sites

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www.RemoteSiteFitness.com

Comments or suggestions?
Email us at:
info@RemoteSiteFitness.com

Massage Therapy



**Your Solution to
Relaxation and Stress Relief!**



**Go Online
To Book
Appointment**

Price List

Therapeutic Massage Prices

30 Minute \$60

50 Minute \$110

90 Minute \$150

Ways to Book

TEXT: 780-520-7891

ONLINE: RemoteSiteFitness.com

EMAIL: info@remotesitefitness.com

Or book on the MindBody App



*All Appointments Payable by Credit Card Only
Refunds can be given for individuals canceling with at least 24 hours notice.*

www.RemoteSiteFitness.com

