What is Massage?
Massage is the systematic manipulation of the soft tissues of the body using techniques of stroking, kneading, compression, friction, stretching and pressure.

Benefits of Massage
- Increased Circulation
- Removal of toxins, soreness and tension from the muscles
- Relaxes both mind and body to reduce accumulated stress

Massage and Stress
One of the most valuable psychological benefits of massage is an overall sense of well-being, which often lasts for an extended period of time. With less stress, one may gain a clearer perspective of one’s problems and self-image. Having a massage on a regular basis provides a cumulative effect, continuing a wonderful sense of well-being. By reducing stress levels, massage is a protection against many stress related health problems, which are becoming more and more prevalent in our lives. Massage not only feels good, but in our modern stressful world, it has become a necessity.

What to Expect
For your first appointment, we ask that you arrive a few minutes early to fill out our client information form. This form helps us to check for any contra indication to massage and to give you the best possible service. Expect to feel very relaxed after a massage. You should plan you schedule accordingly.

Your therapist will bring you into the private treatment area, instruct you as how to prepare, and will then leave the room allowing you to disrobe in private. You will be completely covered in a sheet and blanket. During the massage, only the part of your body being worked upon will be exposed. Your privacy will be maintained at all times.

Following your massage, it is recommended that you drink plenty of water, get plenty of rest and refrain from extreme physical activity for approximately 24 hours. This will allows your body time to adjust to any physical and emotional changes that may occur as a result of your massage.

Massage Services Offered
- Swedish/Stress Reduction Massage
- Deep Tissue Massage
- Sports Massage
- Prenatal Massage
- On-Site Seated/Corporate Chair Massage
- Craniosacral Therapy

Fee Schedule
- 30 minutes $40
- 60 minutes $65
- 90 minutes $90
- Five (30 min) sessions $175*
- Five (60 min) sessions $300*

* Must be paid in advance by first session
Structured Touch Massage Therapy

“Because it’s nice to be kneaded!”

Cindy Stewart, CMT, BCBTMB
703.282.6920 | structure_touch@hotmail.com

For General Information Contact
Semper Fit Health Promotions 703.784.3780

Barber Physical Activity Center
2073 Barnett Avenue
Marine Corps Base, Quantico

Schedule your massage today!

Cindy Stewart  CMT, CBCTMB
703.282.6920 | structured_touch@hotmail.com