

Experience Therapeutic Massage

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



www.quantico.usmc-mccs.org/HealthPromotion/classes

Updated April/2011

Semper Fit *Therapeutic Massage*



703.784.3780 for information
703.282.6920 for an appointment



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

Among the many benefits of massage are increased circulation and the removal of toxins, soreness and tension from the muscles of the body. Massage relaxes both body and mind and reduces 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 scheduled 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 contraindication to massage and to give you the best possible service. Expect to feel very relaxed after a massage. You should plan your 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 allow your body time to adjust to any physical and emotional changes that may occur as a result of your massage.

Barber Physical Activity Center

2073 Barnett Avenue
Marine Corps Base, Quantico

For general information
Call 703.784.3780

To schedule appointments,
Contact
Cindy Stewart-Croy
703.282.6920

Fee Schedule

30 minutes	\$40
60 minutes	\$65
90 minutes	\$90
Five (30 minute) sessions	\$175*
Five (60 minute) sessions	\$300*

*Must be paid in advance
by first session.

*Gift Certificates are available
for any listed session.*