

## Our Fees

**30 Minute Massage**     \$40.00  
*(for target areas)*

**60 Minute Massage**     \$60.00

**90 Minute Massage**     \$90.00

*Prices subject to change*

“60 minute” massage at our office means 60 minutes **“HANDS ON”**

*24 hour cancellation notice required*

**1<sup>st</sup> TIME MASSAGE**  
Get **\$5.00 OFF**

*No cash value.  
Must be presented at time of service.*

*IF YOU DECIDE TO PURCHASE ADDITIONAL TREATMENT, YOU HAVE THE LEGAL RIGHT TO CHANGE YOUR MIND WITHIN THREE DAYS AND RECEIVE A REFUND.*

*Call today to schedule your appointment and discover quality Therapeutic Massage.*

## Massage Hours

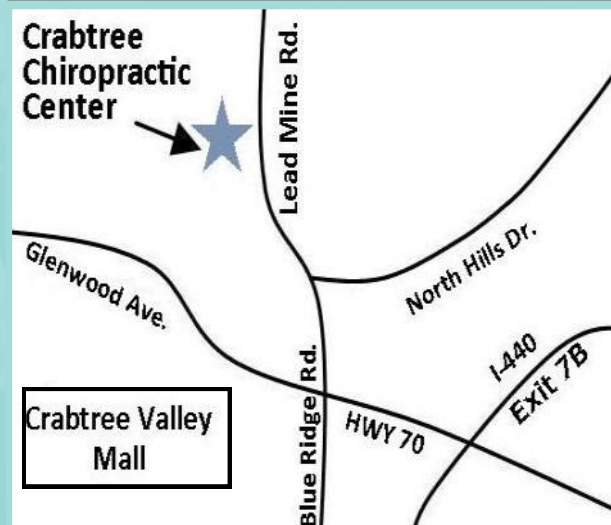
Tuesday- Friday 10:00a.m. - 6:00pm

Saturday 8:00a.m. - 3:00 pm

*By Appointment Only*

*24 hour cancellation notice required*

## Our Location



CRABTREE CHIROPRACTIC CENTER, PA

*Chiropractic    European    Therapeutic    Weight Loss  
Acupuncture    Massage*

4517 Lead Mine Road, Raleigh NC 27612  
Office: (919) 781-8830 Fax: (919) 781-1678

[WWW.CRABTREECHIROPRACTIC.COM](http://WWW.CRABTREECHIROPRACTIC.COM)

# EXPERIENCE *RELAXATION*



## *THERAPEUTIC MASSAGE*

## BENEFITS OF MASSAGE

Massage can be defined as a systematic and scientific manipulation of the soft tissues of the body for the purpose of obtaining and maintaining health. Massage has been practiced for thousands of years and Therapeutic Massage has taken on an important role in modern healthcare. Massage therapy helps to:

- Reduce stress
- Enhance blood circulation
- Decrease pain
- Promote restful sleep
- Reduce swelling
- Enhance relaxation
- Increase oxygen capacity of the blood
- Relieve muscle tension
- Reduce trigger point formation
- Increase range of motion
- Increase flexibility
- Tone weak muscles

## TYPES OF MASSAGE THERAPY

### SPORTS

Sports massage can be used before and after sporting events. It is also very beneficial after or during the training process. This style of massage helps prevent injury, increase performance, flexibility and range of motion. Sports massage also relieves muscular cramps and tension and flushes toxins out of the body to decrease muscle soreness.

### DEEP TISSUE MASSAGE

Deep tissue massage is normally used in conjunction with many other styles of massage. It is different in that the pressure is consistently deeper and works the muscle tissue below the superficial layers. This style of massage can be beneficial for chronic or acute pain but is not recommended for people who have never had massage.



### PRENATAL MASSAGE

This style of massage shares the benefits of regular massage and is tailored to the specific needs of the pregnant woman. Structured for a more comfortable pregnancy and easier delivery, prenatal massage is the little extra that can make your special time a little more enjoyable.

### TRIGGER POINT THERAPY

Trigger points are focal areas of concentrated metabolic waste that irritate the soft tissue causing referred pain. Trigger point massage concentrates on areas of accumulated lactic acid, ischemic tissue and noxious chemicals enabling the body to more easily eliminate these toxins. This type of massage can be uncomfortable, so please provide feedback during these sessions.