



BODYFIT: MESSAGE THERAPY

CFIT A-LA-CARTE SERVICES

Provider: Jeanette Gardner, LMT

Accumulation of stress in our bodies and the turmoil in our minds take a toll on our health. Massage Therapy provided at CFIT includes a blend of relaxing techniques tailored to meet your personal liking and needs.

The following Massage Therapy Services may be used:

- **Swedish Massage**, firm but gentle pressure to improve circulation, ease muscle aches and tension, improve flexibility and create relaxation.
- **Neuromuscular Therapy**, has emerged as a significant methodology for assessing, treating and preventing soft tissue injuries and chronic pain.
- **Aroma Therapeutic Massage**, feel the stress and tension melt away as this aromatic massage revitalizes your body, enhances your performance and helps balance your body's energy flow.
- **Deep Tissue Massage**, aimed at the deeper tissue structures of the muscle and fascia, also called connective tissue; it's used to release chronic muscle tension or knots. This technique may aid injury rehabilitation (depending on the injury) as well as promote pain relief.
- **Sports Massage**, designed to help athletes prepare their bodies for optimal performance, recover after a big event, or function well during training.

Jeanette's massage services at CFIT offer a healing, meditative environment designed to reduce stress, alleviate pain, and rejuvenate the body and mind. Flowing, therapeutic massage that is intuitive of individual emotional, spiritual and physical needs will ensure you come away from your massage experience relaxed and satisfied.

COST OF SERVICE~ \$65.00 PER 60 MINUTE SESSION