

Physical Benefits of Therapeutic Massage

- Relieves stress & aids relaxation
- Relieves muscle tension & stiffness
- Alleviates discomfort during pregnancy
- Fosters faster healing of sprains & strains
- Reduces pain & swelling
- Enhances athletic performance
- Promotes deeper & easier breathing
- Improves circulation of blood
- Improves movement of the lymph fluids
- Reduces blood pressure
- Relieves tension-related headaches & effects of eye strain
- Enhances health & nourishment of skin
- Strengthens immune system
- Improved flexibility
- More restful sleep
- Reduced anxiety & depression

Massage Therapy

The field of massage therapy is very diverse. There are a number of techniques under the heading of massage therapy that are available at Rehab Professionals of Cleveland, Inc. here are just a few:

SWEDISH MASSAGE: This is the relaxing, stress-reducing type of massage most people think of. Swedish massage includes gliding, kneading, and striking strokes as well as friction strokes, stretching, joint movements, gentle shaking, and rocking. Generally, Swedish massage is full body but the techniques can be tailored to focus on one area of the body such as the back.

30 minute massage	\$ 35.00
60 minute massage	\$ 55.00

HOT STONE MASSAGE: This massage is among the most luxurious of them all. The therapist combines a Swedish and Deep Tissue massage with the healing properties of Hot Stones. The energy & penetrating heat of the stones help tension just melt away. The stones are used both to perform massage strokes and to bring relaxing warmth to the body. The stones used are heated basalt lava stones and jojoba oil, which promotes hydration and relaxation. Stone therapy is also available as a cold stone massage.

60 minute Stone Massage	\$80.00
80 minute Stone Massage	\$95.00

Massages are available:

Monday and Thursday 10:00 am – 12:00 pm
Monday thru Thursday 3:30pm – 7:00pm

Massage gift certificates are available in any denomination. To schedule your massage call 440-526-8566.