



**THE QUEEN'S
MEDICAL CENTER**



**WOMEN'S
HEALTH & MATERNITY SERVICES**

MASSAGE

at the Women's Health Center

Prenatal Massage

Prenatal massage can relieve a host of physical discomforts through light or deep manual pressure, circulatory work and other techniques. It can also relax expectant mothers and help them feel less anxious and stressed.

Healing Massage

Nurturing your physical, mental and spiritual self are essential components for taking optimal care of yourself. Massage can relieve muscle tension, promote relaxation, increase circulation, improve range of motion, relieve pain and lower blood pressure. Enhanced feelings of well-being and improved sleep are also benefits associated with massage.

Customized Massage

Experienced licensed massage therapists who are trained in a wide variety of techniques will especially tailor your massage to suit your needs.

Appointments are available:

Monday, 7:30 - 11:30 am

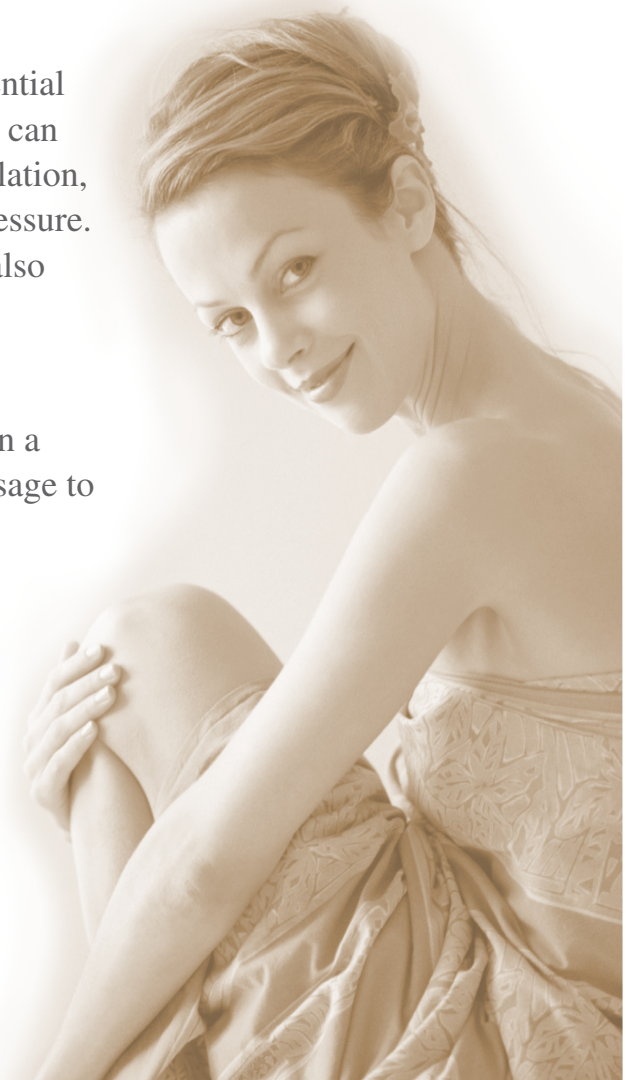
Wednesday, 12:00 - 5:00 pm

Thursday, 10:00 - 5:00 pm

Friday, 10:00 - 4:00 pm

SPECIAL PRICES:

\$54.00 for 50 minutes /\$27.00 for 25 minutes



Call today to make your appointment at 585-5133.