

IT'S TIME TO UNWIND...

My specialties include releasing chronic pain, especially in the neck, shoulders and back. Sessions are customized for each individual based on health history, assessment and client preferences.

Your session is just for you and will be centered around your needs using a combination of techniques including: myofascial release, trigger point therapy, sports massage, deep tissue, pregnancy massage, Swedish massage, hydrotherapy, spa treatments, and my self-developed therapeutic technique, Myobalancing™.

Benefits of Massage

- ◆ Release of chronic muscular tension
- ◆ Improved circulation
- ◆ Increased joint flexibility
- ◆ Reduced mental and physical fatigue and stress
- ◆ Improved posture
- ◆ Reduced blood pressure

In addition, massage promotes:

- ◆ Faster healing of injured muscular Tissue
- ◆ Better sleep
- ◆ An overall sense of well-being

MENU OF SERVICES

Massage

Swedish – Deep Tissue – Prenatal – Hot Stone

You work hard and give so much to others. Give yourself time to relax and revitalize with a relaxing and therapeutic massage.

30 Minutes	30.00
45 Minutes	45.00
1 Hour	60.00
75 Minutes	70.00
90 Minutes	80.00
Package of 6 1-Hour Sessions	330.00

Add-On Services

Add any of these services on to a massage session for an extra treat! (Please schedule your add-on treatments when making your appointment as extra preparation time may need to be scheduled).

Hot Stone Upgrade

Partial Body (Upper or Lower)	
Full-Body Treatment (Adds 15 min.)	15.00

Renewal Foot & Leg Treatment 25.00

Renewal Hand & Foot Treatment 10.00

A salt glow treatment is applied to areas specified, treated with steamed towels and followed by a rejuvenating massage to improve skin tone and circulation. 10.00

Paraffin Treatment

Hands or Feet	10.00
Both	15.00

Sweet Feet Treat (Adds 20 min.) 20.00

Ahhh...finally enough time for a thorough foot massage! Includes exfoliating scrub followed by a blissful moisturizing massage.

Couples / Tandem Massage

A relaxing massage side-by-side in the same treatment room. A wonderful gift you both can enjoy!

1 Hour	130.00
90 Minutes	170.00

Chair Massage

Offered on-site or in my office. 1.00 per minute

Micro-Current Facial Rejuvenation & Body Sculpting

This procedure uses a safe micro-current electrical energy to stimulate and exercise facial and body tissues through specifically designed wands and acupuncture points.

For more information please visit www.melissamcgarvey.com, call (503) 910-5453, or ask for my special brochure featuring these services.

Depending on the area you have treated, the price per treatment ranges from \$45 to \$90—affordable, safe, no downtime, no harmful side effects and it's an effective way to revitalize your look .

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**MELISSA MCGARVEY, LMT LLC**  
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**[www.melissamcgarvey.com](http://www.melissamcgarvey.com)**