



Take Care of Your Health Make Time For Massage

~ Signature Lymphatic Massage ~
New Patients: \$75.00 / 90 Minutes

This effective massage is an eclectic blend of Swedish with lymphatic facilitation using warm stones, neurolymphatic reflexes, energy tapping, Reiki and other modalities of bodywork as appropriate for each personalized session. This is a gentle form of massage which is relaxing and hypnotic. It is exactly the non-invasive quality that makes the results profound. This massage is especially effective for pain relief (even chronic pain), detoxification and enhanced immunity.

~ Doctor Recommended ~

Research tells us that massage therapy is a valuable part of a well-rounded healthcare regimen. It is more than a luxury; it is a vital part of self-care and an investment in your health. According to the 2009 consumer survey conducted by the American Massage Therapy Association, 52% of respondents who spoke with their health care providers say their doctors strongly recommended that they get a massage. All of our doctors at LSSC have experienced and value the Signature Lymphatic Massage offered at the Medi Spa. Dr. Kilmer, who has a massage every week when she is in town, says "Massage is a critical component of my personal wellness program and I always leave my appointment feeling relaxed, refreshed and energized... just what I need."

~ Patient Recommendation ~

I have been going to Martha for massages for over one year. I am sixty-one years old and had avoided massages for years because I thought that they were too indulgent and because the few I had were o.k. but did not make me feel compelled to continue having them. A friend recommended Martha because she thought I would like the gentle massage that she gives. Martha is incredible. Each time I go to her, she asks me if I have any particular aches or pains or if I am stressed. She takes the time to explain to me how my body reacts to pain or stress or anger and how her massage will help to relieve what is bothering me. She is able to get me completely relaxed and able to let go of stress and worry. She also helps with physical pain. This past winter, I had plantar fasciitis which made it very painful to walk. After the first session with Martha, I walked out of the Medi Spa in comfort. It took two sessions, but my foot is now fine. She has also helped me with carpal tunnel in my hands and with all sorts of aches and pains that we get as we age. I believe that having regular massage has kept me out of the doctor's office. I have not been sick once in this past year. I highly recommend Martha!

Jan

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Martha Haselhuhn, our massage therapist, has over 20 years of experience and has enjoyed working at the Medi Spa since the first year it opened.



www.skinlasers.com/spa

3837 J Street

Sacramento, California 95816

916.456.0400 ext. 213