

Some Benefits of Massage:

- Help release chronic tension and pain
- Increase joint flexibility
- Increase body alignment & posture
- Stimulating blood to better nourish skin
- Enhanced immune function & disease prevention
- Relieving soreness tension, stiffness, and spasm
- Speeds recovery three to five times faster from physical exertion
- Relief of eye strain, sinus congestion and headaches
- Improves your ability to relax on your own as the feeling of relaxation becomes familiar
- Reduced mental stress & a calm mind
- Increasing circulation of the lymph and blood which improves the delivery of nutrients, oxygen, and arterial blood components to the local area, which can also prevent edema.
- Cleansing the body of metabolic wastes
- Improved ability to monitor stress signals
- Increased mental clarity
- Satisfies the need for nurturing and touch
- Reduction of anxiety, depress, confusion, anger, insomnia and headaches
- Enhanced body-mind awareness
- Feeling of well-being and harmony
- Daily aggravations seem less important and easier to cope with
- Reduce mental and physical fatigue, stress, and anxiety
- Promote faster healing of injured muscle tissue
- Improve posture
- Reduce blood pressure
- Promote better sleep
- Improve concentration
- Create an overall sense of well-being
- Plus **many** more. . .

Massages By Appointment:

Wednesday 1 pm - 8 pm
Thursday 3 pm - 9 pm
Friday 9 am - 5 pm

***Hours subject to change**



Body N Soul Massage

Deborah Shahadey

Nationally Certified Massage Therapist
634 E. Davis Ave
Terre Haute, IN 47802

(3 blocks East of Honey Creek Mall
in Health Quest Nutrition Center Plaza—
just North of T.H. South High School)

(812) 230-0697

www.bodydayspa.net

**Convenient Online Scheduling &
Instant Gift Certificate Sales Online**

MENU of SERVICES 2010 Prices

Body N Soul Massage



- **Aromatherapy Massage**

A relaxing massage using light to medium pressure using many 100% therapeutic-grade essential oils. This massage also helps bring the body into balance and clear energy centers. Feels & smells wonderful!

30 minutes	\$ 40
1 hour	\$ 60
1 1/2 hours	\$ 80
2 hours	\$ 120

- **Deep Tissue Massage**

A special deep tissue massage (medium to very deep pressure) for those familiar with massage and those who typically request a deeper, firmer massage. This massage incorporates Swedish, deep tissue, trigger point, stretching and myofascial techniques to affect the release of recurring muscle tension, lengthening tightened and shortened muscle tissue, reducing knots, and helps to reduce chronic muscle pain.

30 minutes	\$ 50*
1 hour	\$ 70*
1 1/2 hours	\$ 90*
2 hours	\$ 140*

* *Add essential oils for \$ 10 extra*

- **Face & Scalp Bliss** \$ 25

An intensive hydrating treatment for the hair and scalp that focuses on vital energy points with a stimulating 15-minute face & scalp massage. Helps to reduce tension and increase circulation leaving you feeling energized and relaxed. *NOTE: This is a leave-in treatment which you will need to wash out at home so please plan accordingly*

- **Neck & Shoulders Massage** 15 mins

Swedish \$ 15

Deep Tissue \$ 25

- **Hot Stone Massage**

Using smooth, basalt stones gleaned from the rivers then warmed in water, this massage creates an experience like no other. The stones are strategically placed on the body and their ability to hold and radiate heat assists in loosening the tightness often caused by stress and tension. By massaging with the deep penetrating heat of smooth basalt stones—as well as my hands, I am able to deeply and effectively work your muscles and balance your energy. **A must try!**

1 1/2 hours	\$ 80*
2 hours	\$ 120*

* *Add essential oils for \$ 10 extra*

* *Add deep pressure for \$ 20 extra*

- **Peppermint Hands Massage** 20 mins \$ 20

- **Peppermint Hands & Feet Massage** \$20
20 minutes

- **Peppermint Hot Stone Foot Massage** \$ 30

Overworked, tight, sore feet can make the rest of your body hurt! Pamper your tired feet with a relaxing 30-minute foot massage. This treatment will alleviate soreness and infuse your feet with peppermint oils to provide a cool, refreshing sensation. Decadent!

- **Pregnancy Massage**

Proven to safely reduce many of the normal discomforts of pregnancy, pre/postnatal massage relieves fatigue, backaches, leg and feet pain, sinus congestion, headaches, neck and shoulder problems, edema and muscle cramping. Prenatal massage increases local and general blood circulation, bringing more oxygen and nutrients to the cells of both the mother and the fetus.

30 minutes	\$ 30
1 hour	\$ 50
1 1/2 hours	\$ 70
2 hours	\$ 100

- **Scalp & Face Massage** 15 mins \$ 20

- **Senior Massage (65 +)**

More and more older adults are turning to massage to relieve the pain of arthritis, help recover from surgeries or injuries, and maintain flexibility and fitness. Swedish massage with appropriate additional techniques added will customize every session to your special concerns. A relaxing atmosphere, added cushions and adjustable heat ensure you are comfortable at all times. Not only is massage enjoyable, it is beneficial and healthful, especially when received on a regular basis!

30 minutes	\$ 20
1 hour	\$ 40
1 1/2 hours	\$ 60
2 hours	\$ 80

- **Swedish Massage**

This is the massage that most people associate with massage. Using varying pressure (from very light up to medium), this full-body classic massage gently manipulates your muscles, relieving aches and tension, enhancing circulation, reduces stress and is deeply relaxing. Calming the nervous system, it provides mind and body balance, reduces stress, and promotes a greater sense of well-being.

30 minutes	\$ 30
1 hour	\$ 50
1 1/2 hours	\$ 70
2 hours	\$ 100

Prices and services subject to change without notice. *Prices effective as of June 1, 2010

GIFT CERTIFICATES AVAILABLE (expire six months from purchase date). Gift certificates are non-refundable and not redeemable for cash but may be transferred to someone else

Cancellation/No Show Policy: Cancellations and/or rescheduling must be made no less than 24 hours prior to treatment or a \$ 25 cancellation fee is expected.