

# Massage Therapy

RELAX.  
ENJOY.  
REJUVENATE.



## Therapeutic Massage

*Massage Individualized For You!*

Therapeutic massage can help increase range of motion, decrease inflammation, decrease pain, increase flexibility of the connective tissues and, overall help speed up recovery time from injuries.

### **Therapeutic massage benefits include:**

- Loosen muscles
- Improve muscle tone
- Increase flexibility
- General tissue health
- Relieve muscular tension
- Encourage general relaxation

30 MINUTES \$55

60 MINUTES \$99

90 MINUTES \$140

## Watsu Massage

An ancient form of Japanese massage called Zen Shiatsu, adapted to the comfort and support of warm water.

### **Watsu massage benefits include:**

- Utilize passive movement with gentle stretching
- Facilitate deep relaxation and wellness
- Free the body of unwanted stress and tension

60 MINUTES \$120

**For more information or to register,  
please call (530) 587-3769  
or email [wellness@tfhd.com](mailto:wellness@tfhd.com)**

**Follow Tahoe Forest Health System!**



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