

Rates:

30 minutes - \$30

1 hour - \$60

Hour & ½ - \$85

Gift Certificates Available

*Discounted Rates for
purchase of multiple massages*

*Staff Appreciation Packages
Available*

*Contact Dionne for more
information or to make an
appointment.*

(512) 650-0922

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www.YoakumShapeShop.com

Massage Therapy

*“Life takes it out of
you, massage puts it
back.”*

*Hands on Health
Dionne Thomsen, LMT*

Menu of Services:

- ❖ **Swedish** - primarily focuses on circulation and relaxation. This massage stimulates the skin and nervous system using broad evenly pressured strokes that soothe and nurture the body. Swedish massage can also include passive stretches and movements that help the ligaments and tendons stay supple and able to move smoothly.
- ❖ **Sports** - a more upbeat circulatory massage that often includes specific and advanced forms of stretching. Though this massage is geared more toward athletes it is truly beneficial to people of all activity levels. Benefits include relief of pain and swelling after an injury and faster recovery. Sports massage also relaxes and lengthens muscles, thus improving joint mobility, flexibility and energy levels.

❖ **Deep** - a slower, calmer form of massage that focuses largely on myofascial release, trigger points, and active movement techniques. This massage is very beneficial for relieving chronic pain and tension caused by poor posture or damaging repetitive movements. Deep massage gives special attention to the client's mental, emotional, and energetic state.

❖ **Hot Stone** - uses Swedish and deep massage techniques with heated basalt stones. The introduction of heat to the massage increases circulation and soothes the mind and body.

❖ **Chair** - this massage is available for business locations. Clients are comfortably seated in a portable massage chair and stay fully clothed. Chair massage includes a special blend of Swedish techniques that run along the meridians of the body so as to relax and refresh the back, arms, hands, shoulders, and head.

About our Massage Therapist:



- ❖ Graduated from Lauterstein-Conway Massage School
- ❖ Received 550 hours of training
- ❖ Owner of Hands on Health Massage Therapy