

# Hands of Mercy Massage - Tavares, FL

**CALL: 352-343-7707**

## Full Body Massage:

60 minutes **\$85** (\$59 Wellness Program Members)

90 minutes **\$104** (\$78 for Wellness Program Members)

120 minutes **\$133** (\$104 for Wellness Program Members)

## Massage Packages:

60 minute session – Package of 3	\$225 (\$75 each normally \$85)
90 minute session – Package of 3	\$276 (\$92 each normally \$104)

## Massage Enhancements:

Warm Foot Wrap **\$12**

Therapeutic Aroma Therapy **\$12**

Hot Stone Therapy **\$12**

Body Brushing **\$12**

Warm Bamboo Therapy **\$12**

Deep Tissue Massage: **\$12**

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**Learn More about joining our Wellness Program**

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## Benefits of Massage

### What is Massage Therapy?

Massage therapy in its most basic form is the manipulation of the superficial layers of muscle and connective tissue. It is one of the oldest methods of healing we have record of; dating back over 4000 years. Even Hypocrites; the father of medicine, was acquainted with this form of healing as apparent in an excerpt of one of his writing from the 4th century; *“The physician must be acquainted with many things, and assuredly with rubbing.”*

### What are the benefits of Massage Therapy?

The benefits of massage therapy are far reaching and unique to each individual. At Hands of Mercy Massage we take special care to evaluate your particular situation to ensure your session is specific to your needs.

There are over 250 different types of massage and bodywork each having their own unique techniques, purposes and benefits. Our staff is trained in a wide variety of these techniques to offer you the kind of service you desire and need. Here are a few of the more common techniques we use here at Hands of Mercy Massage and their benefits:

**Swedish Massage** – This type of massage is probably the most popular. Its purpose is relaxation; however, one will also experience an increase of oxygen in the blood, improved circulation, an ease of tension and a decrease in muscle toxins just to name a few.

**Deep Tissue Massage** – This type of massage is similar to Swedish Massage but focuses on much deeper muscle layers, tissue and fascia. It is good for those suffering from chronic muscle tension, sore shoulders, low back tightness and stiff neck. The deeper pressure helps to alleviate these symptoms.

**Sports Massage** – This type of massage is good for prevention and healing of injuries to the muscles and tendons. It is very beneficial for people who are active both professionally and recreationally.

**Reflexology** – This type of massage has been practiced for over 3,000 by Chinese practitioners to rebalance the bodies Qi in order to promote healing, well-being and vitality. It's focus is on applying pressure to specific spots on the hands and feet.

**Aromatherapy Massage** – This type of massage can accompany a variety of different techniques through the addition of essential oils. These oils are chosen based on the unique need of the client. The purpose of the oil is to therapeutically treat the emotional disorders of the client through the olfactory glands.

**Stone Massage** – This type of massage involves the use of smooth, flat, heated stones and an extension of the therapists hand to massage and they can also be laid on specific areas of the body to promote deep relaxation of those muscles and surrounding areas.

Some of the other benefits you may experience from having a massage therapy session are:

- Relief from lower back pain
- Relief from stress
- Relief from depression and anxiety
- Relief from headaches and migraines
- Relief from muscle spasms and cramping
- Enhanced sleep quality
- Increased energy
- Increased circulation
- Improved concentration.
- Greater flexibility and range of motion
- Increased vitality and sense of well-being

In addition to these, the emotional benefits bodywork provides can often be just as vital and valuable as the more tangible physical benefits.

For more information on how massage therapy can help you we invite you to schedule an appointment. Come in and see for yourself how massage therapy can change the way you feel today!

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