

Benefits of Therapeutic Massage

- ◆ Relaxes body and mind
- ◆ Relieves physical and mental stress
- ◆ Improves posture
- ◆ Relieves chronic pain
- ◆ Improves circulation
- ◆ Loosens contracted, shortened muscles
- ◆ Stimulates weak muscles
- ◆ Increases nutrition of the tissues and joints
- ◆ Reduces swelling, lessens pain and facilitates movement, especially during injury rehabilitation
- ◆ Speeds recovery from post-exercise fatigue
- ◆ Enhances skin condition
- ◆ Keeps tissues elastic
- ◆ Increases endurance, productivity and energy
- ◆ Decreases the need for pain medication
- ◆ Helps body repair injured and damaged tissues
- ◆ Promotes more restful sleep
- ◆ Decreases irritability
- ◆ Improves digestion and absorption of nutrients
- ◆ Increases range of motion

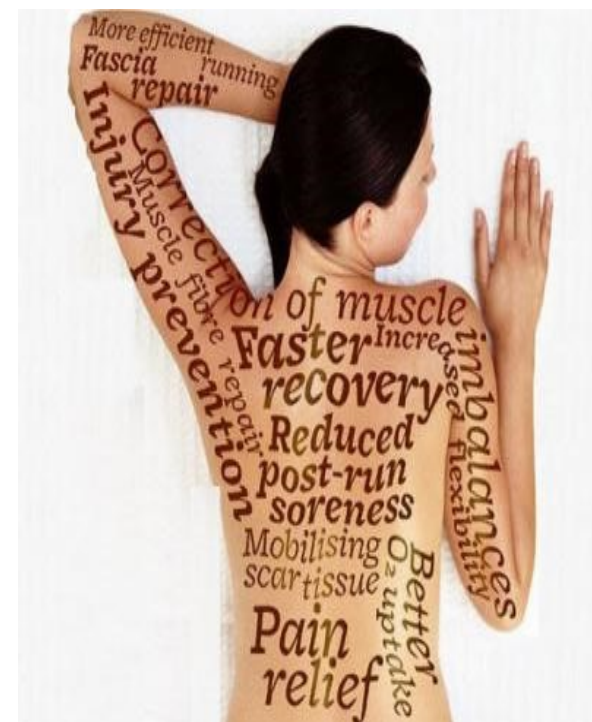
Find out how you can benefit from massage

To Schedule Your Appointment
Call (301) 404-3532 Today!

Add Therapeutic Massage to Your Regular Health and Wellness Regime.

Optimum Health & Wellness
1300 Mercantile Lane, Suite 100-L
Largo Medical Park, Largo, MD 20774

Optimum Health & Wellness Therapeutic MASSAGE



Customized Care

By Appointment Only

(301) 404-3532

www.optimumhealth-wellness.com

Ask About Our EM Therapy Specials

Electro-Magnetic Stimulation Massage



Therapeutic Massage

A relaxing and invigorating full body therapeutic massage with EM Therapy, enhances the nerves, muscles, glands, circulation, as well as stimulates the skin. It reduces stress, both emotional and physical. Excellent program for seniors and the disabled. Use as a regular program for stress management. Can also be used to address specific health problems.

OH&W uses Therapeutic massage to promote general well-being while boosting the circulatory and immune systems, decrease blood pressure, improve muscle tone, digestion, and skin tone.

30 minutes	\$65
60 minutes	\$110
90 minutes.....	\$145

Fees reflect Office Sessions.

Sports Massage

Sports Massage is a specific and more focused form of massage that is typically used before, during, and after athletic events.

The purpose of the massage is to prepare the athlete for peak performance, to drain away fatigue, to relieve swelling, to reduce muscle tension, to promote flexibility and to prevent injuries. The main purpose of sports massage therapy is to help alleviate the stress and tension which builds up in the body's soft tissues during physical activity.

Pre-Event: To increase circulation, flexibility and mental clarity of the client.

30 minutes..... \$40

Post-Event: To aid the athlete in recover from the activity. Reduces soreness, re-establishes full range of motion and enhances blood flow to tight muscles

60 minutes\$65



Massage Therapy & Aging

Research has shown that seniors who added massage therapy to their wellness routine experienced the following benefits:

- ♦ Increase in physical activity and independence
- ♦ Improved mental health
- ♦ Improved emotional well-being
- ♦ Increased self-esteem
- ♦ Reduced anxiety
- ♦ Improved muscle tone and strength
- ♦ Enhanced posture stability
- ♦ Aids in preventing falls
- ♦ Improves overall circulation

Weekly/Monthly Sessions (30 Min.)

Weekly (3) \$180

Monthly (12)\$650

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Add \$20 for ea. Home & Facility Session