



# The Zen Garden Massage Therapy Clinic

## Massage Therapy & You

A massage can do wonders for your body, both physically and mentally. Benefits that include:

- Reducing stress & anxiety
- Increasing blood circulation and lymph function
- Reduces tension and fatigue
- Relief to muscle and joint soreness
- Increases joint flexibility
- Encourages restful sleep
- Increases sense of total well being

## Our Massage Services

	<i>Fee includes tax</i>
<i>50 minute Full Body Massage</i>	<i>\$30.00</i>
<i>50 minute Upper Body Massage</i>	<i>\$30.00</i>
<i>15 minute Chair Massage</i>	<i>\$10.00</i>

*Cash or check only - No Tips*

As a part of our massage therapy program at C-TEC, students are required to perform massage therapy on the public, which allows students to develop their skills. You may choose a full body, upper body or chair massage for general relaxation. All massages are performed under direct supervision of our massage staff.

*Please call today for your appointment at (740) 364-2280*

*C-TEC Adult Education Center*

*150 Price Road*

*Newark, OH 43055*

*Please park in the Adult Education lot.*

