



WHY GET A MASSAGE?

Massage relieves stress-

In this fast-paced world, one of the greatest health challenges is to balance the effects of stress in our lives. Therapeutic massage has been found to be a valuable addition to health care and fitness routines. People seek massage as a natural way to promote healthy body functioning and to enhance the body's restorative powers.

Therapeutic massage helps restore balance, and relieves many of the mental and physical problems caused by prolonged stress.

It can be an important addition to your fitness program, helping you achieve your performance goals, lessening injury and pain.

Massage can help relieve certain common physical problems bringing the body back to optimal functioning. Tension headaches, muscular back pain, and insomnia are complaints that can be helped.

HOW DO I RECEIVE A MASSAGE?

If this is your first massage you may feel uneasy or shy. For that reason, here are some guidelines that will put you at ease and assist you in receiving the maximum benefits. After receiving your first, we're quite confident that you'll have no hesitations in the future.

1. Tell the therapist about areas of your body that are injured, sore or tense.
2. During the session, close your eyes and allow yourself to relax as completely as possible. Focus your attention on breathing slowly and deeply.
3. Allow the therapist to move your limbs, be limp like a ragdoll and try not to help.
4. Turn cell phones off.
5. Give yourself permission to relax, this is YOUR time; enjoy the pleasure of receiving a massage.

CANCELLATION POLICY

There is a \$30 fee for missed appointments. Your appointment should be cancelled within 4 hours of scheduled time to avoid this fee.

PAYMENTS

Please make checks payable to MARY OWEN. Checks returned for insufficient funds will incur a \$30 service fee.

We accept VISA and MASTERCARD

When calling to make an appointment, you must give a credit card number. "No-shows" will be charged a \$30 fee.

GIFT CERTIFICATES

We have gift certificates for all occasions and price ranges.

GRATUITIES

Gratuities are not included in the price, however they are accepted and appreciated.

VISIT US

www.30fss.com/fsvnk.html

or

"Like" us on Facebook:

A Natural Knead Massage Therapy



"We are here at Vandenberg to serve those who serve our country & those supporting them"

**Located in the Fitness Center
Washington Street, Bldg 10130**

**Tuesday - Friday • 10am-7pm
Saturday • 10am-3pm
Closed Sunday & Monday**

**Services provided by appointment only:
(805) 605-4748**



SWEDISH MASSAGE

A style of massage using oil or cream and long body strokes to provide you with a soothing wonderful total body massage. This massage will provide a feeling of tranquility and heightened sense of well being.

Credit Card:	Cash:
30 mins - \$42	\$40
60 mins - \$63	\$60
90 mins - \$90	\$85

THERAPEUTIC MASSAGE

Using a "Swedish" style but with deeper strokes and compressions. A more muscle specific massage.

Credit Card:	Cash:
30 mins - \$53	\$50
60 mins - \$74	\$70
90 mins - \$100	\$95

DEEP TISSUE

Using deep tissue techniques, your therapist will help ease the most stubborn aches and pains. Ideal for those seeking more focused attention on specific muscles.

Credit Card:	Cash:
60 mins - \$74	\$70
90 mins - \$100	\$95

TUINA MASSAGE

Using rhythmic compression along energy channels of the body. Tui Na directly affects the flow of energy by holding & pressing the body at accupressure points.

Credit Card:	Cash:
60 mins - \$74	\$70
90 mins - \$100	\$95

HOT STONE MASSAGE

Hot Stones are used during this massage to meltaway all your cares, worries and stress. The ultimate in pampering!

Credit Card:	Cash:
60 mins - \$74	\$70
90 mins - \$100	\$95

PREGNANCY MASSAGE

Massage for mommy and her baby. This massage relaxes not only the mom but baby as well. Helps reduce swelling in the legs, hands, and low back pain.

Credit Card:	Cash:
30 mins - \$42	\$40
60 mins - \$63	\$60
90 mins - \$90	\$85

FACE GLOW

This is face pampering at it's best. To begin, a warm towel is placed over the face, then the skin is cleansed. Next, an exfoliating scrub is used, followed by a face mask, toner and moisturizer.

Credit Card:	Cash:
30 mins - \$53	\$50

Add to Spa Wrap - \$42 \$40



SPA THERAPY

What is Spa Therapy? It's all about relaxation! A 60 min. session includes:

EXFOLIATION OF THE BODY

Removes dead skin cells, increases skin tone and texture. This can be done with either salt glows, dry brushings, loofah or body polish.

BODY WRAP

Relaxes the body, conditions and cleanses the skin. In consultation with the spa therapist you will choose the benefits you wish to achieve. The type of mud will be chosen to meet your goals. Blue mud (Chamomile & Marine Algae)- deep sea therapy soothes dehydrated skin. Nourishes skin, renewing it's strength and vitality leaving it soft and supple. Black Mud (Deep Sea Mud and Clay)- soothes, heals and cleanse the body and mind. Rich in antiinflammatory healing properties. A creamy but firm mud treatment. Green mud (Seaweed & French Green Clay)- stimulates and detoxifies. Energizes connective tissue and increases lymphatic flow and facilitates in the removal of cellulite. The body is then wrapped in plastic and a warm blanket. You will relax in the warmth of the wrap for approximately 20 mins.

FOOT MASSAGE

Using shea butter the feet are massaged and wrapped in warm towels. In conclusion, the wrap is removed, the mud showered off. Each Session is approximately 60 min., and is \$94(credit card), \$90(cash) per session. A one hour Swedish massage may be added on at the time the appointment is scheduled for an additional \$63(credit card), \$60(cash). In case of a "no show" or a cancellation of less than four hours the deposit will not be refunded or the credit card will be charged the \$30.