

A Touch of Serenity offers...

Therapeutic Massage

30 Minutes- \$35

60 Minutes- \$55

90 Minutes- \$80

Package Deals

30 minute package of 4 \$100

60 minute package of 4 \$200

90 minute package of 4 \$280

Reiki treatment

30 Minutes- \$35

60 Minutes- \$55

Gift Certificates Are Available.

Appointments can be scheduled by calling BRONZE Tanning.
Mon-Fri 7am-8pm Sat & Sun 9am-4pm

Any questions pertaining directly to massage therapy, please contact me at
(207) 446-2287



Mission Statement

To provide a caring and compassionate touch to the community in a safe and holistic environment.

A Touch
of
Serenity



Rebecca A. Wentzell
Licensed Massage Therapist



A member of the
American Massage
Therapy Association

Located at
BRONZE Tanning Salon
28 Meadow Road
Augusta, ME 04330
(207) 621-0100

Therapeutic Massage

Therapeutic massage is a full-body massage including a variety of strokes, pressure, stretches, and range of motion movements.



Benefits of Massage

- ◆ Promotes Relaxation
- ◆ Stress Reduction
- ◆ Reduces Muscle Tension
- ◆ Increased blood circulation and lymphatic flow
- ◆ Relieves pain and clears toxins
- ◆ Assists in injury and illness recovery

Massage benefits increase over time as your body is more able to truly relax and you gain better body awareness.

Reiki

Reiki is an ancient gentle hands-on technique that is done with the clothing on. Reiki will treat the whole person including body, emotions, mind and spirit. Reiki stimulates the natural ability of the body to self-correct and restore balance. Most clients feel balanced, relaxed and have feelings of peaceful glow, security and well being after receiving Reiki treatment. This is a simple, natural and safe session that everyone can benefit from.

Benefits of Reiki

- ◆ Releasing blocks and suppressed feelings
- ◆ Promotes natural self healing
- ◆ Adapts to the natural needs of the receiver
- ◆ Strengthens immune system, life force energy and intuition
- ◆ Treats symptoms and causes of illnesses

Chair Massage

Chair massage is a short massage done to the upper body, with clothing on, in a special adjustable chair. This massage can be done on location and in places of business.

General Information

- ◆ A medical history will be taken prior to the massage to insure the treatment is applied in the most appropriate manner.
- ◆ Avoid eating a large meal before your massage.
- ◆ Plan to relax after your massage.
- ◆ Drink 8-10 glasses of water within 24 hours after your massage to help flush the released toxins from your body.



Policies

- ◆ Cash, Checks, MasterCard, and Visa are accepted.
- ◆ Coupons and Gift Certificates must be presented at the front desk when checking in and paying for your appointment.
- ◆ In the event that you are unable to make your scheduled appointment, please call 24 hours in advance to reschedule.
- ◆ Please be on time for your appointment, tardiness cannot be accommodated.
- ◆ Home visits are available with a travel fee of \$10 per massage.