

### Deep Tissue Massage

Deep tissue massage is a type of massage therapy that focuses on realigning deeper layers of muscles and connective tissue. It is especially helpful for chronically tense and contracted areas such as stiff necks, low back tightness, and sore shoulders. Some of the same strokes are used as classic massage therapy, but the movement is slower and the pressure is deeper and concentrated on areas of tension and pain.



Cleanses the skin and removes dead skin cells to help create soft skin

The chair massage is a relaxing, stress free alternative to traditional Western massages. This style of massage uses deep tissue and pressure point techniques, performed on an individual sitting in a special massage chair instead of lying on a table. Chair massages are great for those who want to relieve tension in the body without all the fuss of a traditional massage. A chair massage lets you relax and enjoy the benefits of deep tissue massage without taking a lot of time or effort on the part of the customer.

### Features Of Massages

- Relieves stress
- Helps manage pain
- Encourages relaxation
- Improves flexibility and range of motion
- Relaxes muscles
- Lowers blood pressure
- Helps with muscle damage from injuries
- Price Range



### Foot Reflexology

Reflexology is the application of pressure to areas on the feet. Reflexology is generally relaxing and may be an effective way to alleviate stress. The theory behind reflexology is that these areas correspond to organs and systems of the body. Proponents believe that pressure applied to these areas affects the organs and benefits the person's health.

### PRICE LIST

#### SWEDISH DEEP TISSUE MASSAGE

30 min Body.....	\$50
60 min Body.....	\$70
90 min Body.....	\$100
120 min Body.....	\$130

#### COMB MASSAGE

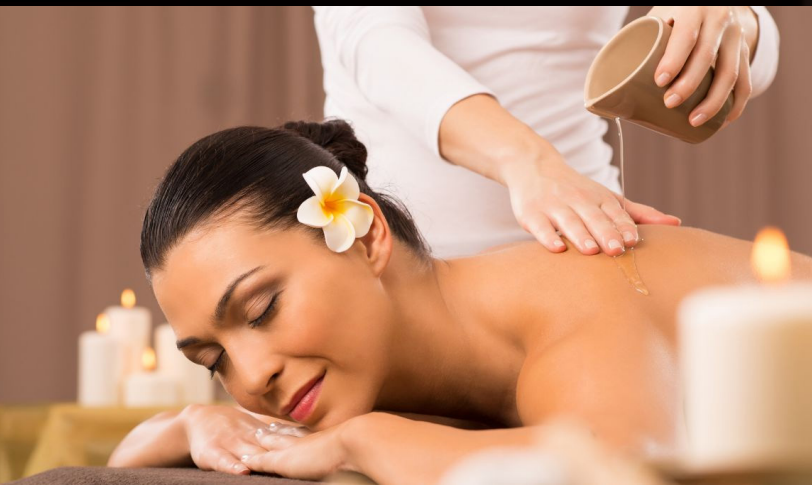
60 min Combo.....	\$70
(30min Body & 30min Foot)	
90 min Combo.....	\$100
(60min Body & 30min Foot)	
120 min Combo.....	\$130
(30min Foot & 90min Body)	
30min Foot & 30min Chair.....	\$80
30min Foot & 10min Chair.....	\$50
60min Foot & 10min Chair.....	\$70

#### FOOT MASSAGE

30 min Foot Massage.....	\$40
60 min Foot Massage.....	\$60

#### CHAIR MASSAGE

10 min Chair.....	\$20
20 min Chair.....	\$35
30 min Chair.....	\$50
Ear Candle.....	\$20
Body Scrubs.....	\$20

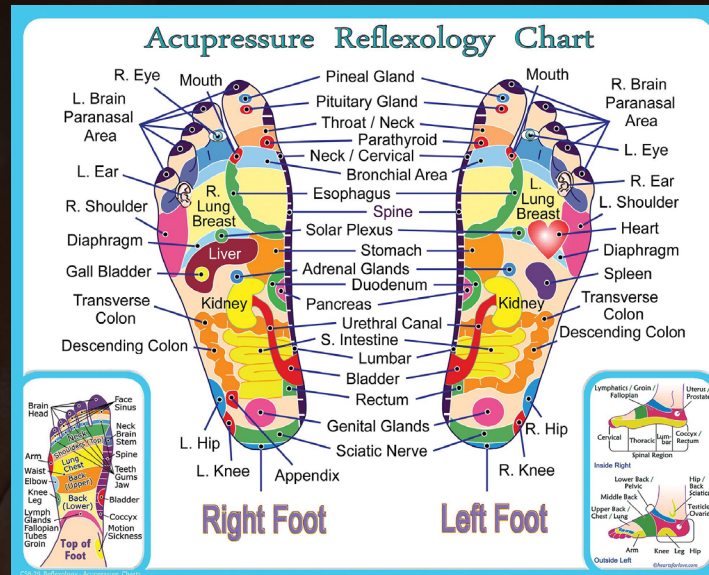


## Swedish Massage

Swedish massage works to relax the body, improve circulation and release toxins from the muscles through firm pressure and long strokes. From Swedish massage, most people understand the method of massage that breaks up muscle knots and relaxes them. Swedish body massage is also one of the most healthful types of massage, because the massage therapist rubs the muscles in the direction of the blood returning to the heart within the body. This process actually helps to increase the amount of oxygen in the blood, making the individual feel more energized and extending the relaxation and circulation benefits of the body massage.

## Chair Massage

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# Nadeau's

Massage Therapy

**OPEN 7 DAYS**

09:00AM - 9:30PM

WALK-IN APPOINTMENT? ACCEPTED.

**GUY NADEAU'S**  
Massage Therapy