

## Specialized Services

Specializing in Swedish Massage and Neuromuscular Therapies including:

### Trigger Point Therapy

Trigger point therapy is a bodywork technique that involves the application of pressure to tender muscle tissue in order to relieve pain and dysfunction in other parts of the body.

### Myofascial Therapy

Myofascial release is a form of soft tissue therapy intended for pain relief, increasing range of motion and balancing the body.

### Muscle Energy Technique

Muscle energy technique is used to treat somatic dysfunction presenting as loss of range of motion secondary to muscular inhibition.

### Hot Stone Massage

Can help those with arthritis, muscular or back pain, fibromyalgia, stress, headaches, and circulatory problems.



### Paraffin Wax:

Helps with conditions such as arthritis, fibrosistis and bursitis,; softens the skin.

### Reiki

A Japanese technique for stress reduction and relaxation that promotes natural healing.

### Salt Glow / Salt Rub

Used for tonic stimulation and softening of the skin. Can help build resistance and tolerance to cold in cold-sensitive persons.



*Or we can tailor a program to meet your individual health and wellness needs!.*

## Services

### Massage

Half Hour .....	\$30
1 Hour Massage .....	\$45
On-site Chair Massage for Groups	
Hourly Rate .....	\$65
Hot Stone Massage .....	\$60

### Paraffin Wax Treatment

Hands: .....	\$10
(15 - 20 minutes)	
Feet.....	\$10
(15 - 20 minutes)	
With Massage.....	\$7

### Salt Rub

Hands .....	\$10
Feet.....	\$10
With Massage.....	\$7

## Specials:

**Buy any 3 get 1 FREE**

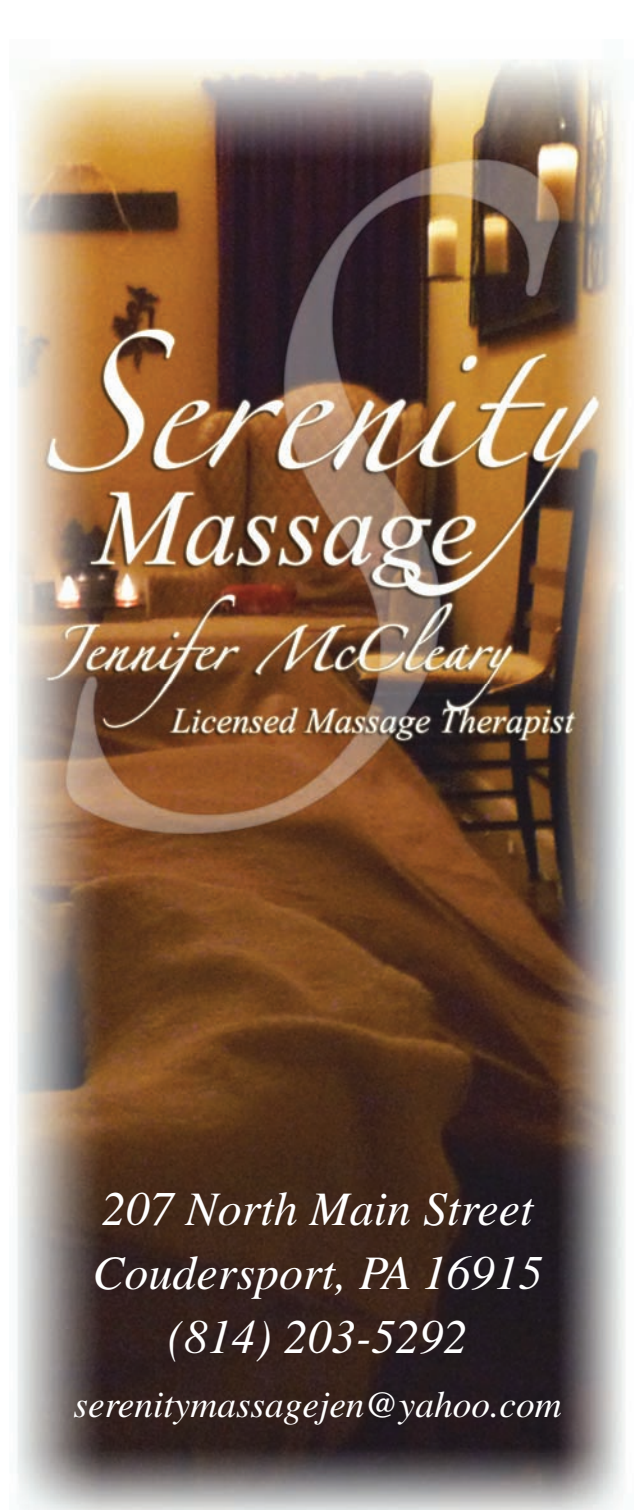
*(of same price)*

**Buy any 5 get 2 FREE**

*(of same price)*



*Take Time for  
What Soothes Your Soul*



# Serenity Massage

*Jennifer McCleary*  
Licensed Massage Therapist

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Coudersport, PA 16915  
(814) 203-5292

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## About Massage

Massage is one of the oldest healing arts: Chinese records dating back 3,000 years document its use; the ancient Hindus, Persians and Egyptians applied forms of massage for many ailments; and Hippocrates wrote papers recommending the use of rubbing and friction for joint and circulatory problems.

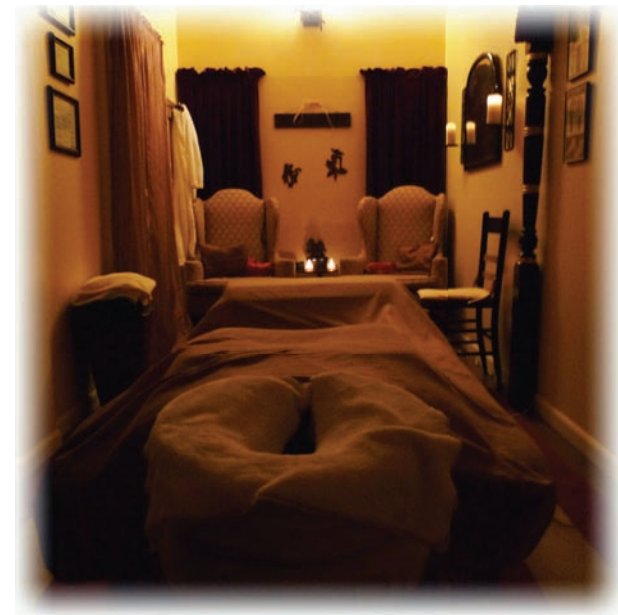
Today, the benefits of massage are varied and far-reaching. As an accepted part of many physical rehabilitation programs, massage therapy has also proven beneficial for many chronic conditions, including low back pain, arthritis, bursitis, fatigue, high blood pressure, diabetes, immunity suppression, depression, and more.



## Benefits of a Massage

What exactly are the benefits of receiving massage? Useful for all of the conditions listed below and more, massage can:

- Alleviate low-back pain and improve range of motion.
- Ease medication dependence.
- Enhance immunity by stimulating lymph flow—the body's natural defense system.
- Exercise and stretch weak, tight, or atrophied muscles.
- Help athletes of any level prepare for, and recover from, strenuous workouts.
- Improve the condition of the skin.
- Increase joint flexibility.
- Lessen depression and anxiety.
- Pump oxygen and nutrients into tissues and vital organs, improving circulation.
- Reduce spasms and cramping.
- Relax and soften injured, tired, and overused muscles.
- Relieve migraine pain.



The goal at Serenity Massage is to offer our clients a safe, welcoming, and professional atmosphere where they can receive relief from stress, pain and injuries while making progress toward health and wellness through individualized, balance therapies.



*Jennifer McCleary*

*Massage & Reiki Therapist*

Licensing and certification through the National Certification Board for Therapeutic Massage and Bodywork; Certificates also in Reiki 1 & II

*Serenity Massage is located in  
Downtown Couderport, Pa  
in Cowburn's Solid Body Gym.*