

Relaxing Massage Therapy By Hildegard

Slow down... Unwind... Let go...



Massage Packages

Chair Massage - \$15 for fifteen minutes
Deep Tissue Massage - \$70 for one hour
Hot Stone Massage - \$75 for one hour
Pregnancy Massage, Swedish Massage and
Therapeutic Massage - \$60 for one hour

Special Massage Packages

Five massages gift certificates for the price of four

Hildegard Rutter

Certified Massage Therapist - ABMP Member

610-905-3852

info@relaxingmassagetherapy.net

www.relaxingmassagetherapy.net

Benefits of Massage Therapy

Reduces anxiety, depression, fatigue, pain, muscle and back aches, stiff necks, stress as well as tension

Accelerate post-surgery healing time

Enhance sleep quality

Improve concentration

Increase circulation

Increase immune system function

Interrupt headache and migraine patterns

Release pinched nerves

Enhance energy, vitality, and quality of life