



relax ...

### mission statement

we will always strive to provide a therapeutic touch to ease the client's tension, stress, aches and pains in order to support health and well-being.

member



gift certificates available

reflect ...

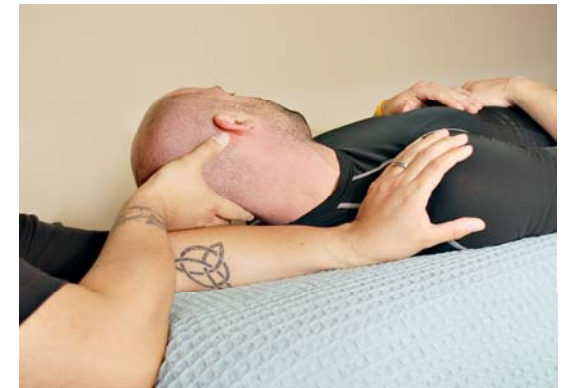
### Menu of Services

**Chair Massage (20 min) \$20**  
when time is short and you need to relax, our chair massage is the perfect choice



**Express Massage (30 min) \$35**  
a Swedish massage designed to promote relaxation, relieve muscle tension and reduce stress in half the time. (Note: only one side of the body will be worked on.)

(609) 261-2600



renew ...

**Swedish Massage (60 min) \$60**  
a therapeutic massage designed to promote relaxation, relieve muscle tension and reduce stress.

**Foot Reflexology (60 min) \$60**  
reflexology balances the body by affecting reflex points of the feet. includes a soothing foot soak

**Deep Tissue (60 min) \$70**  
deep tissue techniques to relieve chronic pain and soreness and releases tension and pain

**Luxury Massage (90 min) \$85**  
pamper yourself with a 90 minute Swedish massage

prices include 7% NJ sales tax

## Benefits of Massage

research continues show the benefits and power of massage.

massage therapy can...

- \* reduce anxiety
- \* improve circulation
- \* diminish headaches
- \* ease muscle tension
- \* increase flexibility
- \* boost immunity
- \* relax tired muscles
- \* improve skin tone
- \* lower blood pressure
- \* help manage pain
- \* improves posture
- \* promote a sense of well-being
- \* reduce muscle cramps & spasms

## Policies & Procedures

- \* clients must be at least 18 years of age.
- \* client sessions will be kept confidential.
- \* please arrive at least 5 minutes prior to your session.
- \* late arrivals will have the time deducted from their session.
- \* massage is strictly professional in nature.
- \* cell phones must be turned off or set on silent.
- \* we request that all clients shower prior to session.
- \* 24 hour notice is required for all cancellations.
- \* no call/no shows are subject to advanced payment for future appointments.
- \* please reschedule if any signs of illness is present.
- \* we do not accept medical insurance for massage.
- \* massage is NOT a substitute for medical care
- \* payment must be made prior to service. we accept cash, visa and mastercard.
- \* not available for current Everfit patients until discharged.

[www.everfitnj.com](http://www.everfitnj.com)

Enjoy the many  
benefits of massage  
at...



**Physical Therapy & Fitness Center**  
Because So Much Depends On  
Your Health

**1934 Burlington-Mt. Holly Road  
Westampton, NJ 08060**

**For Appt. Call: (609) 261-2600**