

ADVANCED MASSAGE THERAPEUTICS

All therapists are Nationally Certified in Therapeutic Massage and Bodywork. All massage therapists are highly trained professionals who specialize in many areas of massage. This includes therapeutic massage for stress reduction and relaxation, deep tissue massage, myofascial massage and neuromuscular massage for chronic pain, injury recovery and postural realignment.

***MOST MESSAGES FEEL
GOOD, BUT A MESSAGE BY
AN EDUCATED AND
EXPERIENCED MESSAGE
THERAPIST FEELS BETTER.***

Sports massage is available to increase flexibility and to reduce post event soreness.

Prenatal massage also is available for expectant mothers on a specially designed massage table.

BENEFITS

- Reduces stress
- Improves circulation of blood and lymph fluids
- Increases flexibility
- Reduces physical and mental fatigue
- Strengthens the immune system
- Increases athletic performance
- Aids in mild depression
- Increases the ability to think more clearly

COMMON MEDICAL CONDITIONS THAT THERAPEUTIC MASSAGE HELPS:

- Stress
- Headaches
- Myofascial pain
- Neck and shoulder pain
- Low back and hip pain
- Carpal tunnel
- TMJ
- Whiplash
- Sports injuries
- Fibromyalgia
- Insomnia

MASSAGE NOT ONLY FEELS GOOD; IT IS GOOD FOR YOU.

- Massage packages and gift certificates are available.
- Appointments in our office or out of our office are available.

HOURS

Monday - Friday 9 a.m. - 7 p.m.
Saturday By appointment

FEES

30 minutes	\$40
60 minutes	\$70
90 minutes	\$95

A thorough full body massage lasts between 60 and 90 minutes.

EASY TO FIND

**3 Blocks South of the
Watterson Expressway
(in the Breckenridge Medical Center)**

**ADVANCED
MASSAGE
THERAPEUTICS**

**2932 Breckenridge Lane
Louisville, Kentucky 40220**

**Call to schedule an appointment.
(502) 895-3500**

WHAT SHOULD YOU EXPECT?

- Your therapist will go through some questions to determine your needs for the session and discuss any injuries or problem areas.
- The therapist will step out of the room to allow you to undress to your level of comfort.
- You will be completely covered with a sheet to keep you warm and comfortable, exposing only the part of the body being massaged.
- While some clients like to talk, others like to stay quiet. Some even like to sleep. It's your massage; do whatever makes you comfortable.
- We want you to receive the best massage experience possible.

***Relax and let the
therapist do all
the work.***

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Good, it is good for you.**

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Louisville, Kentucky 40205

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***Setting the highest
standard for
massage
therapy
in Louisville.***



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