

## Rose Renewal Body Wrap, with Full Body or Neck and Shoulder Massage

An indulgent aromatherapy body wrap and massage. This is a skin-nourishing, wonderfully scented treatment. Ground olive pit granules gently exfoliate your skin before you're treated to a rose skin boost and rose cream moisturizer. After a relaxing body wrap, you'll experience a fabulous full-body massage with organic essential oils of rose.

**Benefits:** Feel calm, rested and deeply relaxed as your blood and lymphatic circulation is stimulated. The removal of dead cells and dry skin will improve skin tone and texture.

Body Wrap / Full Body Massage  
110 minutes - \$130

Body Wrap / Neck and Shoulder Massage Only  
60 minutes - \$90

*"Massage helps produce endorphins, the body's natural pain control, and reduces anxiety."*

General Pharmacology and Journal of Applied Behaviour

## Hand and Feet Paraffin Treatment with Neck and Shoulders Massage

This treatment exfoliates, moisturizes and relaxes the hands and feet. Massage of the neck and shoulders delivers soothing relief. **(Often followed by a full body Swedish massage upon request).**

50 minutes (approx.) - \$55  
90 minutes (including massage) - \$75

## Moor Mud Back Treatment with Massage

Moor mud is one of the most effective natural products for the treatment of arthritis, chronic skin conditions and stomach ailments. It is also an excellent choice for a general detox program—not only for the skin, but for the entire system. Moor mud is used therapeutically to help ease joint problems, pain, muscle tension, arthritis and rheumatism. It has revitalizing properties that benefit the entire system. **(Often followed by a full body Swedish massage upon request).**

**Benefits:** You will feel refreshed, toned and revitalized. Sore muscles will be soothed and relaxed through back massage, noticeably improving mobility and stability.  
50 minutes (approx.) - \$60  
90 minutes (including massage) - \$75

## Rejuvenating Scalp and Foot Massage

Combines deep hair conditioner and massage to induce total relaxation, relieve stress, increase circulation and often relieve pain due to headaches or sinus pressure. **(Often followed by a full body Swedish massage upon request).**  
50 minutes (approx.) - \$50  
90 minutes (including massage) - \$75

## Spa Facial Massage

Employs a vitalizing mask to clean, exfoliate and tone the facial muscles, promoting younger looking, healthier skin. Rejuvenating massage extends to the neck, shoulders, hands and feet.  
50 minutes (approx.) - \$65  
6 sessions - \$370 (save \$20)

## Hot Stone Massage

Basalt lava stones heated with water provide deep therapy when strategically placed on the body. They are also used in the therapist's hands for a soothing massage.  
90 minutes - \$110

## Neck and Shoulder Massage

Great for quick relief from stressful lifestyles. Focus is on the neck, shoulders and back.  
30 minutes - \$35

## Chair Massage

Wonderful relaxation benefits! Try it for yourself, employees or parties.  
1 minute - \$1

*"Massage decreases blood pressure and heart rate."*

Journal of Nursing Scholarship

## OFFICE POLICIES

Please allow 30 extra minutes for **first-time appointments**. We uphold high professional standards for being "on time". We regret that we cannot give additional time for **late arrival** for your appointment. If, for any reason, we are late starting your appointment you will receive your full scheduled time.

As you make appointments, please don't commit to a time that may be questionable. If you must change your time, please give advanced notice. **Missed or cancelled appointments** without 12 hour notice (medical emergencies excluded) will be charged in full for the missed session.

Spa treatments require a 35% **deposit** for preparation. Prices are effective through June 30, 2006.

## SPECIAL PACKAGES

- Spa Facial Massage / Full Body Relaxation Massage  
\$80 (save \$45)
- Herbal Salt Glow and Re-hydrating Enhancer / Spa Facial Massage  
\$110 (save \$10)
- Herbal Salt Glow and Re-hydrating Enhancer / Rejuvenating Scalp and Foot Massage  
\$95 (save \$10)
- Herbal Salt Glow / Full Body Relaxation Massage  
\$75 (save \$40)
- Rose Renewal Body Wrap with Neck and Shoulder Massage / Spa Facial Massage  
\$145 (save \$10)
- Rose Renewal Body Wrap with Full Body Massage / Spa Facial Massage  
\$180 (save \$15)
- Hand and Feet Paraffin Treatment with Neck and Shoulders Massage / Spa Facial Massage  
\$100 (save \$20)
- Moor Mud Back Treatment / Full Body Relaxation Massage  
\$75 (save \$45)
- Moor Mud Back Treatment with Massage / Spa Facial Massage  
\$115 (save \$10)
- Moor Mud Back Treatment with Massage / Hand and Feet Paraffin Treatment with Neck and Shoulders Massage  
\$100 (save \$10)

*"Massage has proven benefits in sports medicine."*

Journal of British Sports Medicine

Check our website for more special packages and holiday offers! [www.pmamassage.com](http://www.pmamassage.com)

PROFESSIONAL  
MESSAGE ASSOCIATES

*"Massage promotes a healthy and balanced lifestyle."*

American Massage Therapy Association

*What can it do for you?*



# PROFESSIONAL MASSAGE ASSOCIATES

We specialize in therapeutic and relaxation massage, injury rehab, sports massage and deep tissue massage. You can trust us to provide expert, convenient and cost-effective massage care. We also offer select, indulgent spa treatments.

*“Massage will help you experience tremendous health, wellness and lifestyle benefits.”*

American Massage Therapy Association

## Massage is proven.

Science proves that massage lowers blood pressure, relaxes muscles, reduces heart rate and improves range of motion, just to name a few benefits. Massage complements traditional health care by soothing a number of ailments, such as:

- arthritis
- headaches
- backaches
- anxiety
- depression
- chronic pain
- sports recovery
- pregnancy discomfort
- hyperactivity
- and much more

## Massage is popular.

Millions are recognizing the important health benefits of regular massage. The most significant growth has been in medical practitioners' and consumers' use of massage therapy as an effective complement to regular medical practices.

**Three out of four doctors** are favorable to massage therapy, while well over half encourage their patients to pursue it as a treatment. The massage explosion is attributed to:

- greater awareness of stress and its negative effects
- the physiological benefits of massage
- a growing population of tired, aging, not-quite-as-limber-as-they-once-were baby boomers



# PROFESSIONAL MASSAGE ASSOCIATES

10A Chisholm Trail  
Round Rock, Texas 78681  
(512) 388-3463 (phone and fax)  
www.pmamassage.com

Associated Bodywork & Massage Professional, Member  
Establishment Licence #ME0964  
Major credit cards accepted:



### Gift Certificates and Packages:

Give the gift of health and comfort to someone for whom you care. Gift certificates are available for any special occasion: birthdays, anniversaries, holidays—*any day!*

### Special Rates

We offer special pricing for: teachers, police, fire department, clergy, children (18 and under) and senior citizens (65 and over). Please call for details.

### Referrals

Referrals earn discounts to both clients and potential clients.

### Appointment Hours

Monday through Thursday 8:30 AM - 7:00 PM  
Friday 8:30 AM - 4:00 PM  
Saturday 9:00 AM - 2:00 PM

After hours appointments are available at an additional cost.

*“We will provide professional, friendly service in a comfortable environment.”*

Maria Cox, Professional  
Massage Associates



## THERAPEUTIC MASSAGE

### Deep Tissue/Therapeutic Massage

Uses deep pressure, trigger point and other neuromuscular techniques for release of muscular tension and “knots”.

30 minutes - \$35

60 minutes - \$60

90 minutes - \$75

3 60 minute sessions for \$165 (save \$15)

### Swedish Massage

Uses a system of long, gliding strokes, kneading and friction to improve circulation and relaxation.

30 minutes - \$35

60 minutes - \$60

90 minutes - \$75

3 60 minute sessions for \$165 (save \$15)

### Pregnancy Massage

The body changes constantly during pregnancy. Massage relieves aches from supporting added weight, headaches, back pain, gas, constipation and varicose veins. More flexibility provides greater mobility and increased day-to-day comfort.

90 minutes - \$75



## SPA TREATMENTS

### Herbal Salt Glow and Re-Hydrating Enhancer

Your skin is left glowing and renewed as your body is gently exfoliated with special salts mixed with fresh organic herbs and essential oils. **(Often followed by a full body Swedish massage upon request).**

*“Massage reduces pain... lessens stiffness and fatigue.”*

Journal of Clinical  
Rheumatology

**Benefits:** Detoxifies the entire system, improving circulation and balancing the body. Exfoliates the skin, leaving it clean and refreshed.

50 minutes (approx.) - \$55  
90 minutes (including massage) - \$75

*“Massage reduces morning sickness, labor and hospital time, and post-partum depression.”*

Journal of the Royal Society of Medicine and Journal of Psychosomatic Ob/Gyn