

How Can Massage Be Medically Beneficial?

Let's admit it, most of us think of massage as only a luxury of life—to be enjoyed once in a great while. The truth is, we can all benefit from a little stress-management and pain relief given by ongoing massage therapy.

There are many healthy benefits to receiving massage therapy on a regular basis:*

- Improves Posture
- Lowers Blood Pressure/Improves Circulation
- Helps Manage Pain
- Improves Flexibility and Range of Motion
- Relieves Tension-Related Headaches
- Enhances Post-Operative Rehabilitation
- Manage Fibromyalgia Pain Naturally

Recent scientific research also proves that Massage Therapy increases immune function, decreases stress levels and reduces recovery time in many medical conditions including:*

- Allergies
- Depression and Anxiety
- Arthritis
- Carpal Tunnel Syndrome
- Asthma and Bronchitis
- Circulatory Problems
- Insomnia
- Sports Injuries
- Temporomandibular Joint Dysfunction (TMJ)
- Fibromyalgia and Chronic Fatigue Syndrome

More Americans are turning to therapeutic massage treatment not only to provide relaxation, but also to relieve tension and pain associated with the daily stresses of their busy lives. Consider the *Healthy Rewards* of regular Massage Therapy for yourself, and let us help you achieve a balanced lifestyle!

*Resource: www.MassageEnvy.com

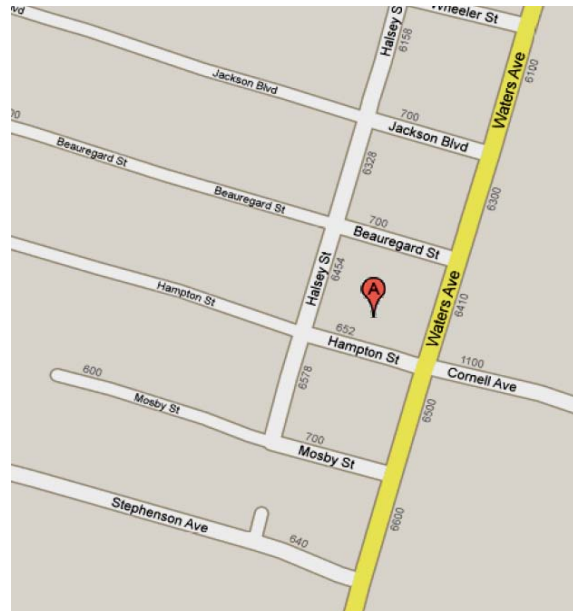
School Location

We are located at 6413 Waters Avenue, between Derenne Avenue and Stephenson Avenue. Our building sits on a large corner lot at Waters Avenue and Hampton Street. We are in a tan, metal building and you may park behind the building or on the side street.

Please call to schedule an appointment.

912-355-3011

Gift Certificates may be purchased at the school or online at www.SavannahSchoolofMassage.com

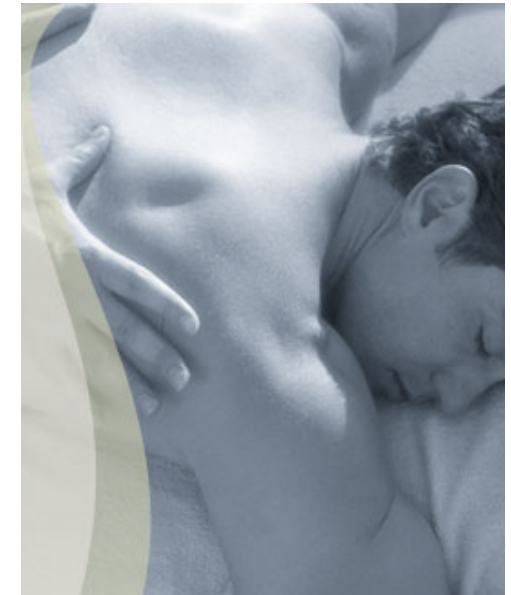


Visit www.googlemaps.com for directions.



6413 WATERS AVENUE
SAVANNAH, GA 31406

912-355-3011



STUDENT MASSAGE CLINIC

Clinic Schedule Summer 2010

7.6.10—9.23.10

Mon, Tues, Weds, Fri

11:15, 4:15, 5:45

Thurs 11:15

Saturday

11:15, 12:30, 1:45, 3:00

Morning appointments must
be made the day prior.

Therapist availability may vary daily.
Clinic hours may vary quarterly.

All sessions are one hour.

All purchases and donations
are tax deductible!



What Our Clients Are Saying...

"Excellent full body massage"

"Pleasant and knowledgeable"

"The entire experience was excellent"

"Very relaxing"

"Calm, comfortable environment"

"Very professional"



Services & Prices

SWEDISH RELAXATION \$30

INTERMEDIATE STUDENT MASSAGE

A one-hour Swedish relaxation
massage tailored to your specific
needs.

SWEDISH/DEEP TISSUE \$40

ADVANCED STUDENT MASSAGE

A one-hour combination Swedish
relaxation and deep-tissue massage.
These students are much closer to
graduation.

THE PROFESSIONAL THERAPIST \$50

SWEDISH/DEEP TISSUE

GRADUATE THERAPIST

A one-hour combination of various
massage techniques by a certified
massage therapist. Many of our
therapists are also nationally certified.

Tips on getting the massage you want:

Clearly communicate your needs
to your therapist before and dur-
ing massage session. How much
pressure do you want? Are there
areas you want them to focus on?
Are there areas you don't want
touched? Let your therapist know
and you will be happier with the
outcome. Have a great massage!

Things to Know When Visiting Our Student Clinic

Use the restroom facilities before your
massage, if needed.

Let your therapist know if you want
certain areas concentrated on or not
touched, or if the pressure or specific
technique he or she is using is uncomfort-
able.

Turn off all cell phones and pagers before
the massage session.

Keep conversation to a minimum,
communicating with your therapist at a
low volume.

Do not ask your therapist to perform
techniques that they have not been trained
in at this time.

If you feel that you have received excep-
tional service, **you may tip** your therapist
directly. We cannot include tips in your
payment to the school for the massage
therapy session.

All purchases and donations to
the school are **tax deductible!**

We Appreciate Your Business!

Gift Certificates Available

"Helping the World Through the Power of Touch." -- www.SavannahSchoolofMassage.com