



# Restored by Touch Massage & Wellness

## Services Provided

**Clinically Tested Science Base Techniques**  
**Relaxation Massage, Myofascial and Trigger Point Release and**  
**Deep Tissue, Active Isolated Stretching**  
**Wellness Consults providing lifestyle changes empowering self care.**

*To thank our United States Military we donate 1 hour monthly massage as a Hands for Heroes contribution\*.*

Always plan a few additional minutes for discussion and settling into treatment room.  
First time sessions allow up to 60 minutes more to review your full health history and allow flex time if body is indicating a need for more time to reach desired clinical outcome.

Options	Rates	Descriptions
Massage	\$105	Full hour treatment in addition to orientation and health history review **
Active Isolated Stretching***	\$120	Full hour treatment in addition to orientation and health history review **
Wellness Consult	\$55	Flat fee up to one hour
Medical Massage	\$150	One hour hands-on. Includes more in-depth treatments and extensive health history and evaluations.
Discounts		
Frequent Rewards	\$100/hr	Massages scheduled within 4 weeks of last session.
Intensive Care Package	\$675	Five 1.5 hr massages to be used w frequent break treatments * (save \$112.5) ****
Corporate Chair Massage	Variable	\$65 - \$95 / hour depending on variables

See Special Offers tab for additional promotions.

**If you are under a doctor’s care, please consult with him or her to be sure massage is not contraindicated for you.**

**\*\*\*Active Isolated Stretching (AIS) – World Renown Aaron Mattes Method**

**\*\*\*\* Discount Policies**

- All packages are limited to the first 3 clients to buy the package in a given cycle.
- Package rates and discounts are not available to insurance companies.
- One discount available per purchase.

*\* Hands for Heroes contribution ~ click [HERE](#) for more information.*

*No combined special offers. Restrictions apply to all special offers.*