



The Zen Garden Massage Therapy Clinic

Massage Therapy & You

A massage can do wonders for your body, both physically and mentally. Benefits that include:

- Reducing stress & anxiety
- Increasing blood circulation and lymph function
- Reduces tension and fatigue
- Relief to muscle and joint soreness
- Increases joint flexibility
- Encourages restful sleep
- Increases sense of total well being

Our Massage Services

Fee includes tax

<i>50 minute Full Body Massage</i>	<i>\$32.00</i>
<i>50 minute Upper Body Massage</i>	<i>\$32.00</i>
<i>15 minute Chair Massage</i>	<i>\$15.00</i>

Cash or check only - No Tips

As a part of our massage therapy program at C-TEC, **students** are required to perform massage therapy on the public, which allows students to develop their skills. You may choose a full body or an upper body massage for general relaxation. All massages are performed under direct supervision of our massage staff.

*Please call today for your appointment at (740) 364-2280
C-TEC Adult Education Center
150 Price Road
Newark, OH 43055*



Next Massage Clinic: February 2016