

Your Therapist



Melissa Perez is a member of the Association of Bodywork and Massage Professionals, a graduate of Colorado School of Healing Arts, and has obtained over 800 hours of education in massage and other related healing arts. She has a strong background in anatomy and physiology and has previously worked in the medical profession, as well as at one of the top Aveda™ spas in the country.

Her goal is to help people understand the importance massage has in aiding in the recovery of illness or injury, as well as the important role it plays in your health maintenance regiment.

She has received additional certifications in polarity (level I), kinesiology, LaStone®, and has extensive training in aromatherapy.

Her sessions consist of a combination of massage and energy work. Each and every massage is unique and tailored to the clients' individual needs. She can work with disease in the body, fatigue, trauma, stress, and acute or chronic injuries.

She can also teach you how to ground, center and de-stress your own body, allowing for positive change to take place, and allowing for true harmony and balance.



Massage for Health



*"Medicine is the art of rubbing." ~
Hippocrates*

Melissa Perez, CMT

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www.thesagemassage.com

Benefits of Massage

What are the benefits of massage?

- Releases chronic muscular tension and pain
- Improves circulation
- Increases joint flexibility
- Reduces mental and physical fatigue and stress
- Promotes faster healing of injured muscular tissue
- Improves posture
- Reduces blood pressure
- Promotes better sleep
- Improves concentration
- Reduces anxiety
- Creates an overall sense of well-being
- Improves relaxation
- Relaxes the nervous system
- Restores energy

How Often Should I Get a Massage?

A treatment schedule will be recommended according to your specific needs. Some clients need weekly appointments, some biweekly, some monthly. The more often you receive a massage, the longer the benefits will be noticed. Remember, sometimes it takes years to build up the pain you are experiencing. Easing the pain may not be overnight.

Massage Services

Swedish Massage ~ \$45

This light massage induces relaxation and increases energy, while reducing the effects of stress and restoring balance to mind, body and spirit.

Deep-Tissue (Therapeutic) ~ \$45

Deep-tissue massage works deeply into the muscles and connective tissue to release chronic aches and pains; its purpose is to reach the fascia beneath the surface muscles.

LaStone® Massage ~ \$55

Smooth, polished basalt lava stones are heated and incorporated into the massage for the ultimate in relaxation. Hot stone therapy goes beyond the physical benefits of a typical massage. It allows for a more balanced and centered state of well-being. Warm stones release muscles and joint tension, creating a deeper state of relaxation.

Medical Massage ~ Insurance co-pay

Medical massage therapists frequently work under the direction of, or at the request of, physicians.

Neuromuscular Therapy ~ Insurance co-pay

Neuromuscular therapy is massage applied to specific muscles, often used to increase blood flow, release knots of muscle tension, or release pain/pressure on nerves.

Prenatal Massage ~ \$45

Prenatal massage uses gentle techniques to help alleviate some of the ailments associated with pregnancy, including lower back, neck and shoulder pain, fatigue, joint tenderness, and stretch marks.

Infant Massage ~ \$45

Infant massage has been shown to help relieve colic, induce sleep, promote relaxation, improve sensory integration, and enhance neurological development, among other things; moreover, the practice of massage helps build the bond between babies and their parents.

In-Home Service ~ \$15-\$30

Have your massage done in the comfort of your own home or office (not valid with body treatments, Hot Stone massage, or insurance billing). Pricing varies based on distance from The Sage location.

All prices listed are for a 60-minute massage. For longer or shorter sessions, please call for more information.

Prices valid as of 1/1/06.

Body Treatments

Body Polish ~ \$35

Unveil a silken complexion with this uniquely effective and gentle body exfoliant. Body polish refines the roughest and flakiest areas without irritation and penetrates the epidermis to attract and lock in moisture, accelerate epidermal cell renewal, and lift away surface dryness to leave skin petal-soft.

Body Polish and Massage Package ~ \$70

By purchasing the body polish with a massage performed on the same visit you will receive a \$10 discount off a 60-minute massage (add \$10 for Hot Stone). Not valid with in-home service or insurance billing/medical massage.

Paraffin Hand Treatment ~ \$3

Paraffin soothes the pain of arthritis, joint stiffness, inflammation, sports injuries, muscle spasms, and dry, cracked skin. It helps nourish skin; penetrating heat helps soothe aching joints, relax stiff muscles, and relieve work-weary hands.



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