

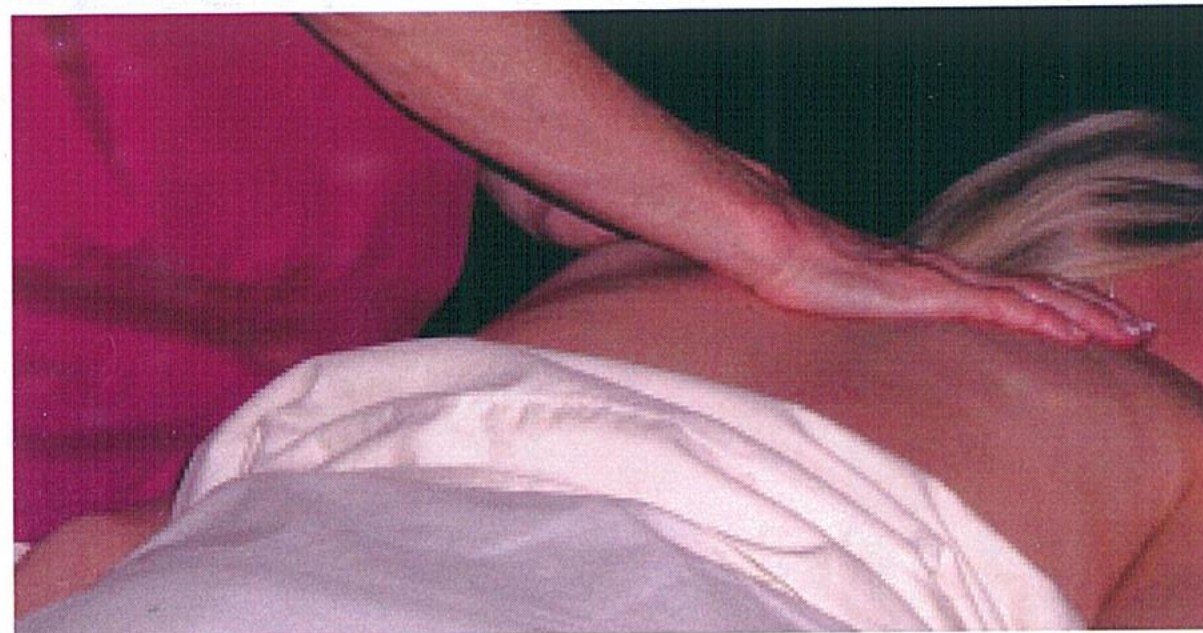
GENERAL WELLNESS MASSAGE

We offer a combination of massage modalities to best meet the individual needs of each client (available to everyone by appointment)

Reasons to Have a Massage

- ❖ Promotes relaxation
- ❖ Strengthens immune system
- ❖ Loosens tight muscles
- ❖ Relieves chronic pain
- ❖ Relieves head, neck & back aches
- ❖ Decreases symptoms of anxiety & depression
- ❖ Improves circulation
- ❖ Breaks up adhesions due to scarring
- ❖ Improves digestion & elimination

*Relax in a quiet & soothing oasis
away from your busy life*



SPECIAL NEEDS MASSAGE

Oncology massage uses gentle techniques to create a pleasant and nurturing experience. This helps the body activate its own healing sense. As a highly specialized form of massage, oncology massage is completely client-focused. Each massage is individualized to meet the client's special needs.

Potential Benefits of Oncology Massage

- ❖ Increases circulation, stimulates vascular flow and brings fresh nutrients to an area
- ❖ Increases relaxation
- ❖ Moisturizes the skin and helps prevent skin problems
- ❖ Provides general pain reduction
- ❖ Increases the effectiveness of medical and therapy procedures
- ❖ Decreases symptoms of anxiety and depression
- ❖ Encourages deeper respiration
- ❖ Improves sleep
- ❖ Facilitates relief from touch deprivation and isolation
- ❖ Re-establishes a positive body image
- ❖ Gives a person a sense of participation in a healing process

RATES

1-Hour Session..... \$70
1 ½ Hour Session..... \$100
(Includes the Ultimate Vande Massage)

*Ask your doctor about the benefits of
massage therapy prior to receiving
a massage.*

By Appointment Only

Vande Therapy

Call 727 - 483-0800

*Massage Services are provided by
Vickie Anderson at Vande Therapy*

Located at:

*601 Cleveland St., Ste 730
Clearwater, FL 33755*

