



# EXCEL

## PHYSICAL THERAPY

JACKSON HOLE, WYOMING

# Massage Therapy

*Sometimes progress needs a push*

**OFF SEASON SPECIALS – NOV 1<sup>st</sup> – DEC 21<sup>st</sup>**

*60 Minute Therapeutic Massage: \$70*

*90 Minute Therapeutic Massage: \$100*

## *Just Some Benefits of Massage*

- *Relaxes the body*
- *Calms the nervous system*
- *Lowers blood pressure*
- *Reduces heart rate*
- *Slows respiration*
- *Reduces chronic pain*
- *Stretches connective tissue*
- *Improves red & white blood cell count*
- *Relieves tired aching muscles*
- *Improves muscle tone*

*Contact Laura at (530) 559-2979*