



There is no denying the power of bodywork. Regardless of what adjectives we assign to it (therapeutic, pampering, rejuvenating) or the reasons we seek it out (stress relief, pain management, luxurious retreat), massage therapy is a powerful ally in our health care regimen.

Experts estimate that 90% of disease is stress related. Perhaps nothing ages us faster, both internally and externally, than high stress. While eliminating stress and anxiety altogether in today's fast paced environment is a bit unrealistic, massage therapy can, without a doubt, help manage stress.



This translates to...

- Decreased anxiety
- Enhanced sleep quality
- Greater Energy
- Improved concentration
- Increased circulation
- Reduced fatigue

Getting a massage does us a world of good, and getting massage frequently can do even more. Regularly scheduled bodywork can play a huge part in how healthy we'll be and how youthful we'll feel in the years to come. Budgeting time and money for bodywork at consistent intervals truly is an investment in your health.

Beneficial Bodyworks LLC

Massage Therapy

Hypnosis Sessions

Reiki Treatments
& Instruction

Yoga Classes

EFT Coaching

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NCMT, LMT, RM, CH, EFT-Adv.

For inquiries or to schedule an appointment
please contact us at:

(603) 231-4702

151 Route 27

Raymond, NH 03077

www.beneficialbodyworks.com

Cash, Check, MasterCard and Visa accepted

Massage Therapy and Body Treatments



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Massage Therapy

Body Treatments

Swedish Massage \$60.00 1 hour

Traditional relaxation and therapeutic full body massage of long, gliding strokes and kneading techniques to improve circulation, lower blood pressure, relieve muscle tension, and leave you feeling relaxed and rejuvenated.

California Connection \$60.00 1 hour

Focusing on the body as a whole, this relaxing technique uses longer, flowing strokes and reduced draping to promote deep and intense relaxation to calm the mind, heal the body and renew the spirit.

Soothing Stone Massage \$75.00 1 hour

The heat from warm stones penetrates deeply to help loosen tightened muscles. Stones of varying shapes and sizes are placed on the body and used with Swedish techniques to soothe the body.

Deep Tissue Massage \$65.00 1 hour

This therapeutic massage offers all that Swedish does yet targets the deeper layers of the muscles by incorporating slow movements and deep trigger point pressure on contracted areas to release chronic tightness and tension.

Sport Massage \$65.00 1 hour

This invigorating massage increases flexibility, aids in conditioning and promotes the release of toxins responsible for muscle soreness. Complete with assisted stretches, an excellent addition to a regular fitness regimen, as well as pre-event, post-event and rehabilitative. Please wear comfortable shorts.

Maternity Massage \$60.00 1 hour

Every mother to be deserves to be nurtured. This massage incorporates the use of pillows and relaxing strokes for optimum comfort. Please consult your physician before scheduling an appointment.

Mini Massage \$35.00 1/2 hour

Swedish massage with concentration on the neck, back and shoulders. A short but effective session for those pressed for time.

Seated Massage \$20.00 15 min.

With the client remaining clothed and using a specially designed massage chair, this technique concentrates on releasing tension and increasing circulation in the back, neck, shoulders, arms, and hands. A great mini escape - \$1.00 for each additional minute over the 15 minute minimum.

Site Specific \$20.00 15 min.

A customized massage focusing on a targeted area of concern caused by injury, surgery, stress or a chronic condition. \$1.00 for each additional minute over the 15 minute minimum.

Mint Foot Relief \$25.00 1/2 hour

Your tired feet will be soothed in a warm foot soak of mint and sea salts before a rejuvenating foot massage.

Citrus Hand Treatment \$25.00 1/2 hour

Comforting warm wax is applied to provide soothing, fast-acting deep heat. Followed by a relaxing massage, this treatment delivers temporary pain relief from chronic arthritis, joint stiffness, sports injuries, over use and inflammation.

Organic Reflexology \$85.00 90 min.

Discover nature's way of healing through the application of fruits vegetables and organic products to the feet, hands and face. Hand techniques, as well as other means, are used to achieve the appropriate level of pressure to stimulate the body's natural ability to heal.

Gift Certificates Available!

Give the gift of massage and bodywork treatments to friends, family, co-workers, business clients and employees.