



Massage Therapist Lauren Trammell

Price List:

Half Hour - \$25

Hour - \$35

Hour & A Half - \$60

Why should you receive Massage?

- *Relieve stress & Encourage Relaxation*
- *Relieve Migraine Pain*
- *Improve the Condition of Skin*
- *Improve Posture*
- *Improve Circulation by an Increase of Oxygen & Nutrients into Tissue*
- *Lower Blood Pressure by Keeping Hormone Levels Under Control*
- *Increase Range of Motion*
- *Strengthen Immune System by Increasing the Body's Natural Killer Cells*
- *Enhance Post-Operative Rehabilitation Benefits*
- *Promote tissue regeneration, reducing scar tissue and stretch marks.*
- *Reduce Spasms & Cramping*

www.teaselc.com