



Massage Therapist Offers Package Discounts

Take a look at this list published by the Mayo Clinic outlining the benefits of regular massage therapy.

Benefits of Regular Massage

Physical Benefits:

• Relaxes the body	• Reduces tension headaches
• Calms the nervous system	• Increases tissue metabolism
• Lowers blood pressure	• Decreases muscle deterioration
• Reduces heart rate	• Speeds recovery from illness
• Slows respiration	• Increases range of motion
• Loosens tight muscles	• Speeds elimination of metabolic waste
• Stretches connective tissue	• Increases blood and lymph circulation
• Reduces chronic pain	• Stimulates release of endorphins
• Improves skin tone	• Strengthens the immune system
• Increased red blood cell count	• Reduces swelling
• Relieves tired and aching muscles	• Improves posture
• Improves muscle tone	• Improves skin tone
• Relieves cramped muscles	
• Speeds recovery from injury	

Mental Benefits:

• Reduces mental stress	
• Promotes quality sleep	
• Improves productivity	
• Induces mental relaxation	
• Improves concentration	

Emotional Benefits:

• Reduces anxiety	
• Enhances self-image	
• Provides a feeling of well being	
• Nurtures and stimulates emotional growth	

To make regular massages more affordable, Leslie Jaeschke, LMT, is now offering discounts when three massages are purchased at the same time. The special massage package discount is available for one hour (3 sessions for \$180) and 1.5 hour (3 sessions for \$240). The therapeutic benefits of massage are best when treatment is done at regular intervals. As an incentive to that end, once purchased, the package must be used within 6 months.

Buy your package when you schedule your next massage and take advantage of the discount. Also, consider a package as a holiday gift and purchase via a gift certificate.

Contact our front desk at 262.695.5311 for scheduling with Leslie or to purchase a gift certificate.