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Massage Menu of Services

Pediatric Massage

Sports Massage

Swedish Massage

Feet & Hands Massage

Baby's First Massage (brochure available)

Water Fact

Drinking water after a massage helps to push toxins out of your muscles and into your lymphatic system to be removed as waste.

Pediatric Massage – Focus is on helping alleviate suffering from stress, pain and depression. Benefits include: decreased anxiety, improved muscle tone, enhanced pulmonary function, promoting well-being, improving both the physical and emotional symptoms of pediatric medical conditions. Chronic conditions shown to be positively affected include; asthma, cystic fibrosis, digestive issues, and autism spectrum disorders.

Sports Massage –Designed for people who are involved in physical activity. But you don't have to be an athlete to have one – it's also used by people who are active and work out often. The focus isn't on relaxation but on preventing and treating injury and enhancing athletic performance. A combination of techniques are used. Strokes are generally faster than Swedish massage. Facilitated stretching is a common technique, it helps to loosen muscle and increase flexibility.

Swedish Massage – Full body, medium pressured massage which uses long, flowing strokes to relax and relieve tension.

Feet & Hands Massage – How about trying this simple and non-invasive method of pain relief. A foot and hand massage can make you feel better in minutes. Suited for people of all ages and body types. Relieve tension, alleviate anxiety, promote relaxation, improve circulation, restore energy, enhancement of immunity.

Please Note: Information and resources provided on complementary and alternative therapies is for informational purposes only.

- 15 minutes - \$15
- 30 minutes - \$30
- 40 minutes - \$40
- 60 minutes - \$60