

*Massage...  
...and More!*

NEW! Spacious Ballroom utilized for holistic health classes including Stretch & Tone, Aerobics, and Ballroom Dance.



*Your massage experience will be enhanced by soft music and subdued lighting in the comfort of our peaceful and inviting treatment rooms.*



*West Park Massotherapy founder Marilyn Valentino, LMT welcomes you and your family.*

**DID YOU KNOW?**

**We offer Biofreeze, Essential Oils, Emu Oil, and Naked Bee products.**

member



At West Park Massotherapy we are Licensed Massage Therapists (LMT) which means we have years of advanced training and have passed specific criteria required by the Medical Board of the State of Ohio. Our desire is to work together with you in an effort to achieve the results you want from your massage session.

Licensed by the Medical Board of the State of Ohio

***Massage Service Prices...***

**Swedish or Relaxation**

- 30/45/60/90 min. ....\$35/50/65/90
- Package of 4/6, 30 min .....\$126/185
- Package of 4/6, 60 min .....\$234/343

**Couples Massage ..... 1 Hr / \$140**

*A relaxing massage in our couples room for you and your loved one. Includes a gift as a memento of the occasion.*

**Therapeutic or Deep Tissue**

- 30/45/60/90 min ..... \$40/55/72/99
- Package of 4/6, 30 min .....\$140/200
- Package of 4/6, 60 min .....\$260/375

**TMJ Massage (with referral)..... 30 min / \$40**

**Pregnancy Massage..... 1 Hr / \$70**

**Soothing Thermal Massage..... 1 Hr / \$90**

**European Stone Massage**

- 60/90 min ..... \$80/120
  - Stone Sampler ..... \$10
- Experience the heat & relaxation hot stones bring, by itself or added to any massage!*

**Chair Massage ..... \$1/min**

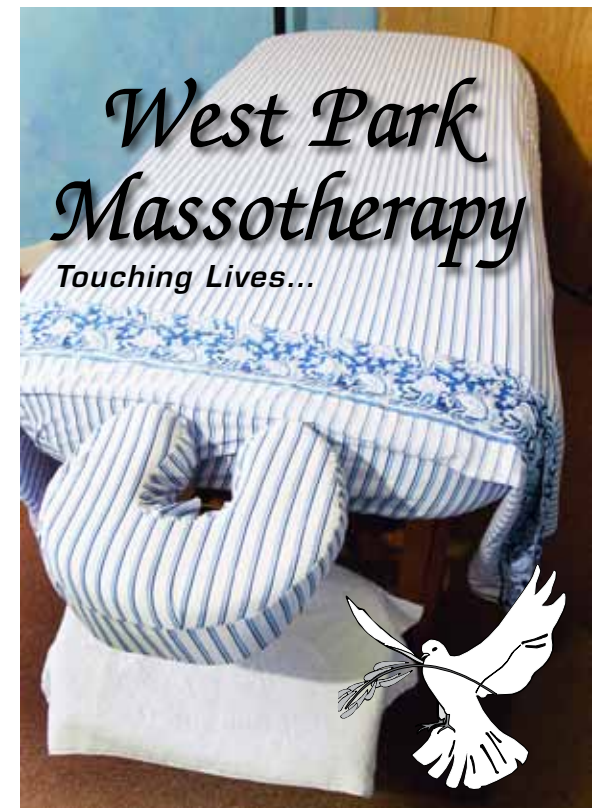
- Foot Detox Sessions ..... \$35**
- Package of 6 Sessions .....\$150

*Ohio Sales Tax applies to all Services • Add \$30 for at your site services*

***Senior Discounts & Gift Certificates Available!***

*Come in for your 10% Birthday Discount!  
Major Credit Cards Accepted • BWC Provider  
E-mail: [info@westparkmassotherapy.com](mailto:info@westparkmassotherapy.com)*

*West Park Massotherapy accepts clients by appointment only: Tuesday through Saturday*



***West Park  
Massotherapy***

*Touching Lives...*



*Offering a full spectrum of Massage Therapy by Licensed Professionals you can trust.*



**Phone: (216) 671-6080**

**4168 Rocky River Drive  
Cleveland, OH 44135**

**[www.westparkmassotherapy.com](http://www.westparkmassotherapy.com)**

Licensed by the Medical Board of the State of Ohio

## Massage Therapy is for Everyone...

### The Healthy Benefit of Massage

It is very likely that massage therapy was the first health procedure employed by humankind.

The first thing we do when we feel pain anywhere in our bodies is to grab it and rub it; our primal ancestors surely did the same, long before they figured out which herbs to ingest. Massage therapy has had a long and distinguished history, having been well known and respected among the ancients; Chinese, Greeks, Romans and Egyptians — virtually every advanced civilization since the dawn of recorded history utilized massage therapy.

Today, in European democracies, massage therapy is well accepted. It is prescribed by doctors and it is often paid for by insurance.

Massage therapy has lagged behind in American culture largely as a result of the technological revolution. Discovery of drugs and other advanced medical procedures caused us to believe that medical science would solve any problems we might have. This is not always true.

Society as a whole, including established medicine, is increasingly beginning to think holistically; to value the health of the total person — body, mind and spirit.

Massage therapy is one of the most powerful healing tools of these forward thinking holistic approaches to total health. Massage therapy is a time honored and powerful method of both treating and preventing a large category of the stress induced pain and tension that so frequently accompanies modern life.

*West Park Massotherapy provides massage in a warm and comfortable family friendly environment.*

### About Massage Therapy

Massage therapy is based on the fact that the soft tissues — muscles, tendons, ligaments and fascia — respond to touch.

Many common aches and pains associated with the activity of daily life is myofascial (soft-tissue) in origin. Trigger points — sensitive points in muscles which radiate or refer pain to various parts of the body — can mimic many conditions.

Muscles not only move our joints, they stabilize them, and they provide armor for the internal organs.

Massage therapy not only can address the aches and pains of daily stress, but is beneficial to the mind and spirit as well. Relaxing and letting go of stress and anxiety, even for a short period of time, has well documented healthful benefits.

*Please note...*

It is wise to consult a physician before receiving massage. Massage is generally safe for everyone, however, if you have recently undergone surgery, are taking certain medications, or have certain chronic illnesses, massage therapy may be contraindicated for you at this time.



One of the most commonly taught and well-known massage techniques, Swedish Massage is a vigorous system of treatment designed to energize the body by stimulating circulation. Five basic strokes, all flowing toward the heart, are used to manipulate the soft tissues of the body. The disrobed client is covered by a sheet, with only the area being worked on exposed. Therapists use a combination of kneading, rolling, vibrational, percussive, and tapping movements, with the application of oil to reduce friction on the skin. The many benefits of Swedish Massage may include generalized relaxation, dissolution of scar tissue adhesions, and improved circulation, which may speed healing and reduce swelling from injury.

### DEEP TISSUE MASSAGE

Techniques that utilize deep-tissue/deep-muscle massage are administered to affect the sub-layer of musculature and fascia and require advanced training and a thorough understanding of anatomy and physiology. Deep Tissue Massage helps with chronic muscular pain and injury rehabilitation and reduces inflammation-related pain caused by arthritis and tendinitis. It is generally integrated with other massage techniques.

### HOT STONE THERAPY

Smooth river stones of all shapes and sizes, up to 140° F, are used during Stone Massage therapy to elicit physical healing, and mental relaxation. Warm stones further enhance circulation and provide soothing heat for deep-tissue work.

### SOOTHING THERMAL MASSAGE

Utilizes soft hand-held heat storing bags which transfer long lasting thermal energy as they cushion and protect bone during massage. A synergistic alternative to hot stone massage, the soft thermal bags mold to the contours of the body. Even the most angular regions receive deep penetrating heat. Massaging on or around the scapula, the sacrum and down along the spine is comfortable and trouble free.

### PRENATAL/PREGNANCY MASSAGE

Performed by a trained perinatal specialist, many methods of massage and somatic therapies are both effective and safe prenatally and during labor and postpartum periods of women's pregnancies. Prenatally, specific techniques can reduce pregnancy discomforts and concerns and enhance the physiological and emotional well-being of both mother and fetus. Skilled, appropriate touch facilitates labor, shortening labor times and easing pain and anxiety. In the postpartum period, specialized techniques rebalance structure, physiology, and emotions of the new mother and may help her to bond with and care for her infant.