

A Touch of Healing.....

Therapeutic Massage

Therapeutic Massage can benefit your body in a number of ways:

- Prevents and relieves stiffness and soreness of muscles
- Relaxes tense muscles and releases muscle spasms
- Promotes circulation of the blood
- Reduces tension and relief from stress and anxiety
- Promotes a sense of renewed energy and well-being

Sports/Deep Tissue Massage

30 Minute Massage- \$30

60 Minute Massage- \$60

80 Minute Massage- \$90

Swedish Relaxation Massage

30 Minute Massage- \$30

60 Minute Massage-\$60

90 Minute Massage-\$90

All massages performed by Brandi, Licensed Massage Therapist
NCTMB, Member AMTA

Schedule your massage

By Appointment: (703)283.7562

Email: rejuvenatingmassage1@gmail.com

Fort Myer Fitness Center
414 Sheridan Road * Fort Myer, VA 22211
(703) 696-7867



www.jbmhhmwr.com

****Please consult with your doctor prior to receiving a massage if you are diagnosed with cancer, cardiac problems, or an infectious or contagious disease.**



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