



**Synergy Bodywork Therapy**  
Improving Life Quality

www.TheTravelingTherapy.com

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## **Returning Clients Free Gift And Add-Ons**

### **FREE BIRTHDAY MASSAGE – CURRENTLY NOT AVAILABLE**

Each person can receive one 60 minute **Free Birthday Massage** redeemable during the birthday month.

(Example: For a May birthday, you can redeem your birthday massage from May 1st. through May 31st.)

#### **How to get a Free Birthday Massage**

- Purchase a 60 minute massage at full current price and receive a certificate for it. (Has to be used within 365 days from the date of purchase.)

Once the 60 minute massage is purchased, you will get a **Free Birthday Massage** gift certificate.

#### **To redeem your birthday massage**

- Make a **Free Birthday Massage** appointment
- Bring your ID to confirm your birthday
- Bring the birthday massage gift certificate
- Enjoy !

## **SELF MASSAGE TECHNIQUE**

An introduction to a full body self massage technique, using small therapy rubber balls.

Next time you get a paid treatment, I can teach you how you can get some pain relief in between your massage appointments.

Please let me know if you are interested when you book your next appointment so that I can adjust my schedule to have sufficient time for this practice after your treatment.

- ***Please note therapy balls are not included in this gift, but I am happy to recommend some!***

## **THERAPEUTIC / HEALTH GYMNASTICS WITH YOGA ELEMENTS**

An introduction to therapeutic / health gymnastics with yoga elements.

Next time you get a paid treatment, I can help you with suggestions on how to start using therapeutic stretching to help regain and maintain mobility, prevent injury and increase physical performance.

Please let me know if you are interested when you book your next appointment so that I can adjust my schedule to have sufficient time for this practice after your treatment.

## **MINDFULNESS MEDITATION**

An introduction to mindfulness meditation.

Next time you get a paid treatment, I can help you learn how to meditate to release stress, clear old energy blocks, open your heart, and expand your creativity.

Please let me know if you are interested when you book your next appointment so that I can adjust my schedule to have sufficient time for this practice after your treatment.



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