

Natasha is a Licensed Massage
Therapist and a graduate of
Palmer Institute of Massage in
Salem, Massachusetts. She is a
member of the American Massage
Therapy Association. Continuing
education includes certification in
Deep Tissue Therapy.



Massage Fees

30 minutes	\$35.00
60 minutes	\$65.00
90 minutes	\$95.00
60 min - Hot Stone	\$ 80.00
90 min - Hot Stone	. \$ 110.00

Every sixth massage is FREE!!!

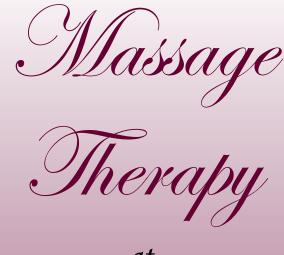
(Ask your massage therapist for details)

FMMC is pleased to offer massage therapy provided by Natasha Bouchard, L.M.T

For more information about Massage Therapy or to book an appointment,
Please contact us at:

87 North Main Street Leominster, Massachusetts Phone: (978) 534-8701 Fax: (978) 534-8705





Family Medical L Maternity Care, P.C.



Benefits of Therapeutic Massage

- •Helps to alleviate stress
- Aids in relaxation
- •Increases circulation and healing time for strains and sprains
- •Increases range of motion
- •Strengthens the immune system

Massage Can Be Helpful for Conditions Such as:

- Arthritis
- Anxiety
- Carpel Tunnel Syndrome
- Chronic Pain
- Depression
- Headache
- Insomnia
- Plantar Fasciitis

Chair Massage

A quick way to feel rejuvenated and refreshed! This is a brief, oil-free massage applied over the clothing in a comfortable, ergonomic chair. Great to relieve tension in the back, shoulders, neck and arms.

Therapeutic Massage

In addition to being profoundly relaxing, therapeutic massage can assist in the relief of chronic pain and tension. A variety of techniques including Swedish relaxation, deep tissue manipulation, and stretching are integrated to create a treatment designed specifically for you.

<u>Prenatal/Postpartum</u> <u>Massage</u>

Certified in MotherMassage © Technique, Swedish massage is designed around the special needs of the mother to be, or new mom. Specific techniques are applied to rejuvenate and pamper mom, relieve stress points associated with pregnancy and postpartum, as well as reduce the swelling in the legs and feet.

Hot Stone Massage

Treat yourself to an incredibly effective, deeply relaxing massage. Smooth, heated stones are strategically placed on key points of the body to infuse heat throughout the muscles. Combined with the soothing strokes of Swedish massage, Hot Stone Massage is the ultimate experience in relaxation.



A message from Natasha:

My vision as a massage therapist is to provide a safe, relaxing, and healing environment to enable clients to de-stress from everyday life. This clinical setting further enhances the experience by incorporating the art of touch with the field of western medicine. I strive to provide relief from pain and promote relaxation by using a combination of Swedish massage with deep tissue manipulation and reactive muscle work as needed.