



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)

FM MC 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



www.FMOnline.com

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 Therapy

at
*Family Medical &
 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.

Prenatal/Postpartum Massage

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.