

MASSAGE

EXTRAORDINAIRE

Therapeutic Massage for Men and Women

Special Summer Rates

Massage Therapy

Knot-so-Kneady (30 min.)	\$55
Basic Knead (60 min.)	\$65
Very Kneady (90 min.)	\$105
Extraordinarily Kneady (120 min.).....	\$140

Hot Stone Massage

60-min. Hot Stone Massage.....	\$80
90-min. Hot Stone Massage.....	\$115
120-min. Hot Stone Massage	\$160

Body Treatments

60-min. Aromatherapy, Herbal Wrap, Salt Scrub, Seaweed Wrap, or Aloe Wrap	\$70
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Total Body Wellness Packages

One 60-min. Massage and One Body Treatment	\$140
Two 60-min. Massages and Two Body Treatments	\$280

Rates effective through Sept. 30, 2009



Massage Extraordinaire • 619-295-3516
Conveniently located in Frog's Fitness
901 Hotel Circle South • San Diego, CA 92108
www.sandiego-massage.com • sdmassage1@aol.com
Open Mon.-Fri., 11am-8pm • Sat., 10am-7pm • Sun., 12noon-6pm



BENEFITS OF MASSAGE

RELAXES:

- Mind and body
- Injured or overused muscles

REDUCES:

- Stress
- Athletic Injury and recovery time
- Post surgery scar tissue and edema
- Spasms and cramping

INCREASES:

- Circulation
- Joint flexibility and range of motion

RELIEVES:

- Neck and back pain
- Pain from migraine headaches
- Pregnancy discomfort

STIMULATES:

- Flow of lymph (the body's natural defense system)
- Flow of endorphins