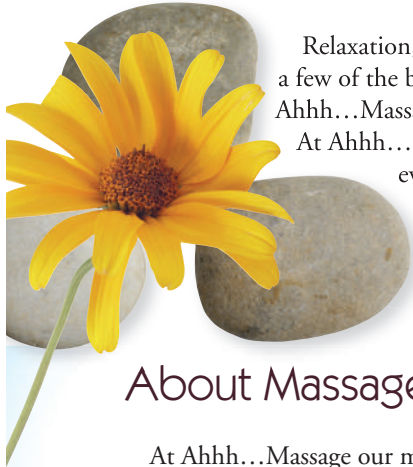


About Ahhh...Massage



Relaxation, stress relief, absolution, tranquility, rejuvenation — a few of the benefits you will enjoy during your massage experience at Ahhh...Massage.

At Ahhh...Massage we are here for you...to make your first and every massage an experience that you will never forget. Our professional and licensed massage therapists will provide a comfortable, caring and healing therapeutic environment that will allow you to indulge yourself and take you away from the stress of your busy life...Ahhh...

About Massage

At Ahhh...Massage our mission is to have each of our clients enjoy the relaxation and medical benefits of therapeutic massage therapy. Studies reveal that regular massage therapy elevates your mood, inspires a sense of wellbeing and helps you stay healthy, as well as maintain a balanced lifestyle.

Whether you choose to receive a massage treatment intermittently or, like many of our clients, on a regular basis, we are here to meet your needs. Tell us about your experience — our goal is to create an enjoyable experience for you, your family and your friends!

Benefits of Therapeutic Massage Therapy

- ▶ General relaxation (insomnia)
- ▶ Stress management
- ▶ Increase joint motion flexibility (arthritis)
- ▶ Reduces muscle tension/spasms
- ▶ Improves circulation, speeds healing
- ▶ Promotes injury recovery/rehab (sports injuries)
- ▶ Helps chiropractic adjustments
- ▶ Lowers blood pressure
- ▶ Controls hormone levels (depression, anxiety)
- ▶ Strengthens immune system
- ▶ Helps allergies
- ▶ Promotes sense of well being
- ▶ Improves posture
- ▶ Pain management/recovery
- ▶ Improves breathing (asthma, bronchitis)



Massage Etiquette and Helpful Tips

- ▶ Eighteen (18) is the minimum age for massage therapy. Minors below the age of eighteen (18) may have massages, if accompanied by a parent or have a signed waiver on file.
- ▶ Please arrive fifteen (15) minutes prior to your massage treatment to allow sufficient time for your massage. Please be aware that a late arrival will determine the length of your treatment. Your service will end as scheduled so that the next guest may begin on time.
- ▶ We request that you shower prior to your massage.
- ▶ All massage appointments scheduled require a 50% deposit — for your convenience we accept most major credit cards.
- ▶ All massage services must be paid in full prior to receiving your massage therapy session.
- ▶ For your comfort, please do not eat immediately before your massage. We recommend that you schedule meals at least one hour prior to your appointment.
- ▶ Good communication assures the best results! If you have allergies, injuries or require special attention on a specific part of your body, please notify both the receptionist and your therapist.
- ▶ Be sure to let your therapist know if you experience any discomfort or anxiety during your massage. Your total satisfaction is our goal.
- ▶ Deep breathing promotes relaxation and will enhance the therapeutic quality and pleasure of your massage.
- ▶ If certain areas of your body are tense or tender, please inform your therapist so he or she can help relax and ease problem areas.
- ▶ If anything should occur during your treatment that you do not feel comfortable with, simply ask the therapist to stop. If necessary, you may end the session at any time.
- ▶ Allow yourself to “ease out” of your treatment by not standing up too quickly. Some clients experience slight dizziness after a treatment.
- ▶ Be sure to drink plenty of water for two or more hours after your treatment in order to aid the therapeutic process.
- ▶ Please be aware that recovery from tension or muscle injury may require more than one massage session.

Ahhh... Massage

THERAPEUTIC MASSAGE

- ❖ Relaxation ❖
- ❖ Stress relief ❖
- ❖ Absolution ❖
- ❖ Tranquility ❖
- ❖ Rejuvenation ❖



Ahhh... Massage

Koehler Professional Center, Suite 202
 232 Main Street NW
 Bourbonnais, IL 60914
 815-939-4925
 BookYourMassage.com

Hours:
 Monday-Friday, 9:00 a.m. – 9:00 p.m. Saturday, 9:00 a.m. – 6:00 p.m.



04-2020

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Types of Massage

At Ahhh...Massage, whether you are here for stress relief, pain management or just to relax—from the moment you enter your massage suite you will know that we are always here for your benefit. This is why our experienced massage therapists offer you a variety of full body massages and if you wish, they will help you choose which massage is best for you!

Swedish Massage This is our most popular full body massage therapy. Your therapist uses a variety of soothing strokes in the direction of your heart. Warmed lotion or “essential oils” are used to allow the massage therapist’s hands to glide over your body, applying gentle, circular, firm or deep pressure as necessary. This increases oxygen flow and decreases tension, as well as eliminating muscle toxins while improving circulation allowing for relaxation and stress relief. (50 minutes)



be slightly uncomfortable, but afterwards provides for significant elimination of pain and re-energizing of the muscle tissue. The therapist will use various levels of sometimes intense and deep finger and hand pressures that can create a sharp or dull radiating ache, designed to increase the natural pain killers (endorphins) and simulate the source of the problem, as well as eliminate toxins. Most of our clients report lasting and immediate relief of long-term arthritic-type pain. (50 minutes)

All Things Ahhh...Signature Massage

Tell us how you would like your massage and we will personalize it for you. Are there certain areas of your body you would like the therapist to focus on? Do you like stretching, deep tissue or perhaps a more gentle massage? Let us know the techniques and pressure that suite you best and we will make sure that your personalized experience is just the way you like it. (50 minutes)

This Little Piggy Reflexology is based upon the belief that all organs and tissues in our body have a nerve connecting to points in the feet or hands. Stimulating these points provides relief from everything, including headaches and gastritis to plantar fasciitis, TMJ disorders and back pain. Reflexologists apply lotion and essential oils with gentle and deep pressures on the palms of the hands and soles of the feet to send signals to the brain that balance the nervous system. (50 minutes)

The Game If you are an active, recreational or professional athlete, this is the Ahhh... Massage for you! Whether for pre-participation to promote muscle flexibility or post-activity for relaxation or alleviating inflammation, a Sports Massage session can be just what your body ordered! Sports Massage also benefits the injured athlete by improving initial pain reduction without painkilling medication and to promote and accentuate range of motion and flexibility during rehabilitation and training. (50 minutes)

In The Rough Fore! It’s time to get ready to tee off! Our In The Rough golfer’s massage will help you de-stress and re-energize after a day on the links. (50 minutes)

Hot Stone Massages Stones are heated to a comfortable level to provide deeper relaxation through increased circulation. This provides enhanced healing, and relief of muscle spasms, tension and stiffness. Himalayan Salt Stones are available upon request. (80 minutes)†

Two-gether Massage At times we need to step back from our busy, independent and divided lives and bond with ones we care for. Your couples massage can help you re-connect and be customized to maximize your loving or caring experience — what a great way to complement any relationship. (50 minutes)

Stix and Stones Just like our Hot Stone Massage, but with bamboo sticks too; your therapist will explain! A totally revitalizing experience! (80 minutes)†

2-4-U-1-4-U Massage Did you guess yet? You are correct! Two (2) massage therapists in synchronicity for a one-hour massage you’ll never forget! (50 minutes, \$98, 1-hour only)†

Pre-/Postnatal Massage In these sessions the massage therapist will focus on your special needs, both before and after pregnancy. Childbearing can add additional aches and stress on a woman and this massage is designed to therapeutically address the changes that occur, thereby establishing revitalization and energizing your body. (No upgrade available)

Ahhh...Massage is for the corporate woman and man, moms and dads and the athlete in you...to help you relax, restore, re-energize and decrease stress. The choice is yours—and we know that you will be glad that you chose the professional massage therapist at Ahhh...Massage!



Cupping Massage

Remember seeing the red circles on the Olympic swimmers and volleyball players and wondering what they were? Those circles meant that these world-class athletes benefited from the effects of cupping massage!

Cupping massage was developed thousands of years ago; now, the techniques have been modernized, but the philosophy remains the same. The massage therapist determines the placement of glass or plastic jars, which create a vacuum on areas of the skin that require pain relief, enhanced circulation or have tight scar tissue.

Cupping massage is used for many things, but most clients find that it brings relief from stress, fatigue, back pain, anxiety and plantar fasciitis.

Cupping massage is relaxing and soothing, and each treatment is unique to *you* based upon how you feel that particular day.

Of course, skin discoloration can occur, and can last anywhere from a few days up to two weeks — but it is not painful. †

Birthday Massage Special

It’s your birthday? Happy birthday! Just show a valid I.D. and you receive your birthday massage for only \$39.00. Good only once a year. Ahhh...

†Hot Stone, Himalayan Salt Stone, Cupping, Stix and Stones and 2-4-U-1-4-U are specialty massages and are not eligible for introductory or upgrade pricing.

Please note: All 1-hour massages are 50 minutes in duration; all 1-1/2 hour sessions are 80 minutes in duration.

Ahhh... your first massage

When you make your appointment, you will choose either a male or female massage therapist. When you arrive you will have a quick information and health survey to complete. You will then meet your massage therapist and discuss any questions, as well as particular areas that you would like addressed during your session.

Once you enter your massage suite, your massage therapist will step out briefly, allowing you to undress. Some clients prefer to undress completely, while others are more comfortable in undergarments. Be sure to check with your therapist as to which would be best for you. Rest assured that during the entire massage process your massage therapist will keep you properly and professionally draped and will maintain all modesty. Once you are ready, you will lie on the warm massage table and cover yourself with the fresh linen provided. Shortly after, your massage therapist will knock and enter the suite.

You will receive your massage therapy to soft, soothing music and warm lotion or, if preferred, an essential aromatic oil of your choice at a special price. After your massage is complete, your massage therapist will leave and allow you to dress. Upon exiting the massage suite, you will receive a refreshment and schedule your follow-up therapeutic massage session.

Essential Aromatic Oils To Complement Your Massage Therapy Session

Do you want to feel relaxed? Energized? Soothed? Tell us and our therapist will personalize and enhance your experience with the aromatic scents listed below. Any of these can be chosen in place of the lotion used during your massage session. A nice way to keep the skin smooth and supple. Choose from any of our unique blends of essential oils exclusively developed for and available at Ahhh...Massage:

- Soothing
- Relaxing
- Nourishing
- Energizing
- Also available in a nut-free blend

Take home a 4 oz. bottle of any of our aromatic oils for only \$12.00!

Ahhh... Massage

Ahhh...Massage gift certificates now available anytime online at BookYourMassage.com



Deep Kneads This combines Swedish Massage techniques with slower, deeper, more intense pressure directed at specific muscle groups. You may be asked to participate with various breathing techniques, as the therapist assesses and eases into areas of embedded stress and spasm in your muscles. This relieves tension, smooths scar tissue and reduces inflammation. Trigger points are described as “knots”, usually caused by injury or overuse. They are tender areas of the muscle that unknowingly can cause chronic pain in other parts of your body. Trigger point therapy can

