

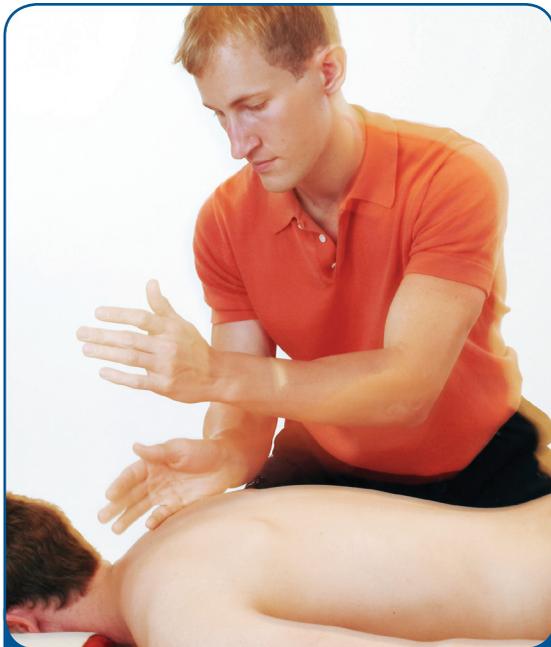
## Massage Types

### Swedish

Relaxing and soothing combination of movements that push metabolic by-products more quickly into circulation so the liver can clean naturally.

### Deep Tissue

Graduated intensity and pressure with structural emphasis. Focusing on the release of muscular adhesions (knots), tensions, stress, or workout resultant fatigue.



*Stimulating the central nervous system with tapping motions.*

### How to find out more

Contact Dan Chisholm to discuss how massage therapy could benefit particular medical conditions and stress management needs.

### Referral Incentive

Refer someone for Fitness and Massage Chicago services and receive complimentary services.

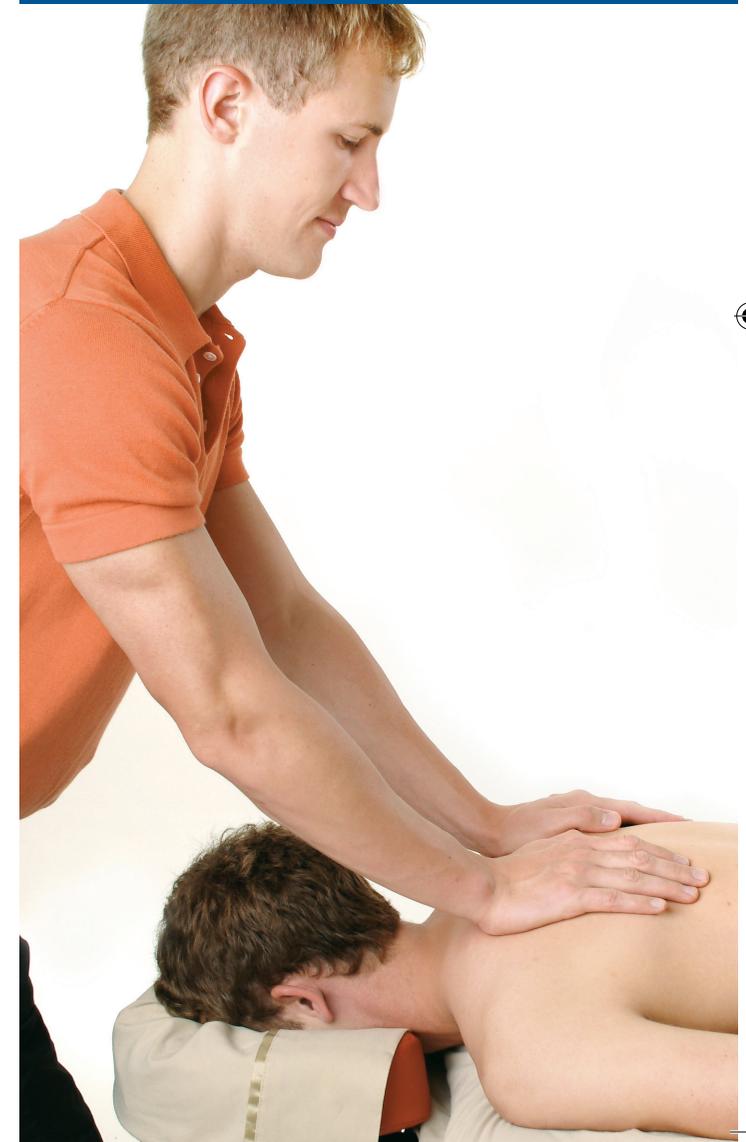
### Dan Chisholm, B.S., L.M.T.

Degreed Personal Trainer  
Licensed Massage Therapist  
Wellness Consultant  
Licensed Esthetician

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# Massage Therapy



# Feel Better

Busy work weeks can get to be too much for the body.

Decompress and rejuvenate with specialized massage therapy.

Assist tired, stressed, over-worked muscle groups.

Become invigorated while accelerating recovery to help speed up muscle building.

Individualized massages with personal attention to suit clients of all types.



*Cross-fibre friction penetrating into the fascia of the triceps*



*Deep touch on a client to break-up scar tissue in the muscle belly*

## Professional Massage Includes

Only the highest quality Biotone non-pore clogging massage crèmes and lotions. Biotone products have no mineral oils or drying alcohols for the skin's best needs.

Optimal light usage, active air filtrations system, the freshest and cleanest sheets, calming music, and well-maintained facilities that enhance every massage.

Aromatherapy during the massage to calm the body and reduce stress.

Peppermint, eucalyptus or lavender essential oils to promote the effects of the bodywork quickly.

Complimentary chilled bottled water with all body work sessions.

## Massage Therapy Prices

1/2 Hour	\$40.00
1 Hour	\$75.00
1 1/2 Hours	\$110.00

24-hour notice for cancellation or re-schedule required.

Discounts for clients also using personal training services.

Locations Available:

5224 N. Winthrop (Private Studio)  
Home or Office Calls (Price varies based on distance traveled)

Gift Certificates available.

Chair Massages available for private parties, public events, business affairs.  
Tailored for your group.



*Dan Chisholm using a sinking-and-softening/effluerage combination for circulation enhancements*