

# ART OF MASSAGE

**BRET MEFFORD, LMT**  
Licensed Massage Therapist  
5028 Hempstead Station  
Kettering, Ohio 45429  
**(937) 286-6517**

Appointments available evenings and weekends. Call **(937) 294-6517** to schedule yours at my steps-free, handicapped accessible office.

## **BENEFITS OF MASSAGE INCLUDE:**

- Personal time to relieve stress, tension, anxiety, depression
- Improved flexibility and range of motion
- Increased suppleness and elasticity of muscle tissue
- Relieve muscle tension and stiffness
- Decreased recovery time for soft tissue injuries, strenuous workouts, strains, sprains
- Increased circulation of blood and lymph
- Increase body-mind connection
- Relief from chronic pain, headaches, low back pain
- Reiki-Open energy channels & restore balance

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## **OFFICE FEE SCHEDULE:**

30 minute massage \$30.00 (+ tax)  
60 minute massage \$50.00  
90 minute massage \$70.00

CASH OR CHECKS ACCEPTED.

GIFT CERTIFICATES AVAILABLE - PERFECT FOR BIRTHDAY,  
MOTHERS DAY, ANNIVERSARY, VALENTINES DAY, FATHERS  
DAY, ETC.

**CALL (937) 294-6517 TODAY!**