



## Therapeutic Massage



3135 New Germany Road

(Ebensburg Mini-Mall)

Ebensburg Pa 15931

**814-471-6871**

Visit us online:

[www.LHTAcademy.com](http://www.LHTAcademy.com)

### How Massage Therapy can help you:

- Increase circulation
- Promotes relaxation
- Increases range of motion
- Decreases pain
- Improves sleep patterns

Massage therapy works best when integrated into your wellness plan. Feel free to ask your Physician if massage therapy can benefit you.

### Services and prices:

Therapeutic massage - \$40 (60 min)

- \$60 (90 min)

Hot Stone Therapy - \$50 (60 min)

- \$70 (90 min)

Reflexology - \$55 (60 min)

- \$80 (90 min)

Salt and Mud Wrap - \$125 (120min)

LHTA does not discriminate against anyone with regard to: age, gender, race or religion - we expect the same consideration when scheduling appointments with our students.

### Frequently Asked Questions:

*What is massage therapy?* – Massage therapy is the manipulation of the soft tissue of the body for the purpose of obtaining and maintaining health.

*What do I wear?* – During your massage you will be covered with a sheet at all times, regardless of how much clothing you take off. Your therapist will tell you to “undress to your comfort level” – some clients keep on their undergarments while some undress completely.

*Who is my Massage Therapist?* – The therapists at LHTA are primarily student interns who have completed (a minimum of) 100 training hours prior to accepting clients in our clinic. These students rely on your feedback to grow into professionals and your survey (given at the end of a student massage) does count toward their grade. Feedback is always welcome! Appointments with Instructors are available as well (additional rates apply).

*Should I tip my Massage Therapist?* – Much like at a restaurant, tipping is completely up to you. If you would like to reward your Therapist for a job well done, feel free to leave a tip (**cash only, please!**). Tipping is always voluntary!