

## *Your Visit*

At R & R Productions, Inc. Massage Therapy, **it's all about you** and it's about your well-being allowing yourself to relax and savor the finer things in life. It's about offering you the best because you deserve it.

You will be welcomed and asked to complete a Client In-Take Health Form to assess any medical condition and/or prescription medication that may be contraindicated for a massage.

For a full-body massage, most people undress completely, although you may choose to wear undergarments. During the massage you will be draped with a sheet at all times; only the specific area being worked on is exposed.

After your service, enjoy a refreshing beverage. This will also be the time for you and I to discuss your session.

## *General Information*

### **Lillian C. Pounds**

President/CEO

WISCONSIN REGISTERED MASSAGE THERAPIST  
LICENSE #1686-046

- MASSAGE & AEROBICS INSTRUCTOR
- LECTURER/PRESENTER
- SECRETARY FOR THE STATE OF WISCONSIN DEPARTMENT OF REGULATION AND LICENSING FOR MASSAGE THERAPY AND BODY WORKER ADVISORY COMMITTEE
- MEMBER OF AMERICAN MASSAGE THERAPY ASSOCIATION (AMTA) & INTERNATIONAL MASSAGE ASSOCIATION (IMA)

Hours: By Appointment Only.

Late Arrivals: Late arrivals will not receive an extended appointment.

Cancellation Policy: Your appointment is reserved exclusively for you. As a courtesy to other clients and massage therapist, please provide 24 hours notice if you must cancel or reschedule your appointment. Cancellations less than 24 hours and "no shows" will be charged.

Gift Certificates: Available for all occasions. Fully transferable, non refundable.

Prices and services are subject to change without notice.

## *Massage*

## *Services*

### *R & R Productions, Inc.*

Revitalize Renew Rejoice Rejuvenate

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Suite 206

Shorewood, WI 53211

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# Menu of Services

**Revitalize**

**Renew**

**Rejoice**

**Rejuvenate**

## Massage Benefits

Become aware of how healthy you can feel by enjoying the benefits of massage. Through the use of pressure, stroking and rhythmic movements, massage therapies can relax your body and mind and impart a sense of well-being and serenity. Massage also increases mental alertness and helps the body to regenerate itself.

## Swedish Massage

Utilizing a combination of various movements including friction, effleurage (movements that slide or glide over the body with a smooth continuous motion) and kneading, this classic massage helps relax and soothe sore or tired muscles.

30 minutes ... \$40      60 minutes .. \$65  
90 minutes ... \$95      Seniors 60 minutes .. \$45

Pre-Pay Swedish Massage Package  
Discounts\*

(5) 30 minute massages ... \$185 Save \$15  
(5) 60 minute massages ... \$300 Save \$25  
(10) 60 minute massages ... \$600 Save \$50

\*Pre-Pay Packages Has No Expiration Date

## Deep Tissue Massage

This massage is recommended for muscle fatigue, chronic pain and spasm, as well as limited range of motion. A variety of deep compressions, stroking specific muscles or pressuring trigger points will help to alleviate discomfort and tightness.

60 minutes ... \$65      90 minutes ... \$95  
Seniors 60 minutes ... \$50

## Hot Stone Massage

This ancient art of healing uses elements of Mother Nature – fire, water and earth – to bring relief to tense muscles, sore joints, stressed emotions and a weary spirit using warm basalt stones of all shapes and sizes.

75 minutes ... \$90      90 minutes ... \$105

## Neck & Back Massage

This stress-buster relaxes the scalp, neck, shoulders and back.

30 minutes ... \$40      60 minutes ... \$50

## Neck, Back & Face Massage

Neck, back and face massage with hydroaromatherapy for the face.

45 minutes ... \$55      60 minutes ... \$50

## Chair/Seated Massage

Fully clothed, and seated in a portable massage chair, the massage addresses the head, neck, shoulders, back, arms and hands.

\$1.00 per minute

## Chair/Seated Massage with Hot Stones

A chair/seated massage using warm basalt stones.

30 minutes ... \$35      45 minutes .. \$50

## Foot Reflexology

This 4,000 year old technique involves massaging specific points of the feet with thumb and finger pressure that corresponds to all the organs in the body. It is a great treatment to release stress in the body and mind.

45 minutes ... \$50

## Foot Reflexology & Paraffin Treatment

Foot reflexology followed with a unique warm paraffin masque that softens and smooths the feet.

60 minutes ... \$65

All services are also available on-site for corporate, tradeshow, conventions, sporting and special events. Please call for details.

Massage does not replace the need for medical attention or psychological counseling. Massage therapists do not diagnose medical problems or manipulate bones.