

Ride the wave
of relaxation...



Waves
in Motion
MASSAGE

Waves in Motion MASSAGE

Committed to:

- ~ Preventive wellness
- ~ Stellar client experiences
- ~ Community education
- ~ Quality techniques & results



Book a
MASSAGE
Today!

Waves In Motion MASSAGE
472B Read St.
Somerset, MA 02726

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(508) 967-4536

www.wavesinmotionmassage.com



Services

Hot Stone Massage:

The hot stone massage uses smooth heated stones which are placed along specific points of your spine warming muscles and tissue to improve the flow of energy in your body.

60 or 90 minute sessions

Deep Tissue Massage:

A release of chronic muscle tension through slower strokes and more direct deep pressure or friction is applied across the muscle fibers, which helps break up and eliminate scar tissue.

30, 60 or 90 minute sessions

Hydrotherapy:

is the use of water to revitalize, maintain, and restore health. Using warm compresses is relaxing and causes blood vessels to dilate, and removes wastes from body tissues.

30, 60 or 90 minute sessions

Reiki Session:

The gentle laying of hands for a healing touch that will reduce stress, promote balance and leave you with feelings of peace and wellness.

60 minute session

Myofascial Release:

A safe and effective approach using gentle yet firm pressure on areas of restriction. By freeing up fascial restrictions in the body, a client can expect an increase in range of motion and decreased pain.

60 or 90 minute sessions

Myofascial Release works best on dry, bare skin, please refrain from using lotion on the day of your appointment. Treatment is best received in the following: loose fitting, elastic waist shorts, underwear or boxers; loose fitting tank top or sports bra.

Relaxation Massage:

A smooth, flowing style of massage using long kneading strokes will promote general relaxation, relief of stress and muscular tension. It can also increase range of motion enhancing flexibility and circulation.

30, 60 or 90 minute sessions

Pregnancy Massage:

Nurturing for the mother to be, providing tranquil relaxation and reducing stress; relief from muscle cramps, spasms, and myofascial pain especially in the lower back, neck, hips and legs. Improves outcome of labor and eases labor pain.

60 or 90 minute sessions



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Our massage therapists are ready to help you ride the wave of relaxation

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