

***Put Pain In It's Place!***

**Benefits of Massage...**

- \* Increases joint flexibility
- \* Improve range of motion
- \* Reduces muscular tension
- \* Aids in reducing scar tissue and adhesions
- \* Stimulates lymph system boosting body's natural defense against illness
- \* Reduces muscle spasms cramping
- \* Decreases need for pain medication in some clients
- \* Passive form of exercise for muscles, tendons, joints
- \* Increases circulation-bringing more oxygen, nutrients to tissues, vital organs

**Your Licensed Massage Therapist Will Consult With You Prior To Your Session.**

*Visa, Mastercard, American Express, Discover & Personal Checks*

**Wellness Massage**

For Your Healthy Lifestyle

***Swedish  
Deep Tissue  
Pregnancy Massage  
Reflexology  
Myofascial Release  
Neuromuscular  
Trigger Point  
Sports Massage  
Couple's Massage***

**One Hour Massage \$43  
Weekends \$40  
Ladies Day \$38  
Men's Day \$38  
BirthDay Massage \$39**

No Costly Memberships  
No Costly Contracts  
No Expensive Prepays

*Affordable Quality  
& Dedicated Compassion  
Each & Every Massage!*

**Healthy Habits Massage**

***Wellness Massage  
For Your Healthy  
Lifestyle!***

**623 546 1383**

13839 W Bell Rd Ste 100  
Surprise AZ 85374

**Your Affordable  
Massage Retreat!**

**The Surprise Community...**

Affordable Quality & Compassion...

## Healthy Habits Massage, LLC

*\* heart \* trust \* talent*

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Massage Therapy is a healing art. Massage is the systematic manipulation of the soft body tissues to enhance function and promote well-being. Massage has been around for hundreds of years.

In our modern society where stress-related physical & psychological disorders are becoming the number one health problem, massage is gaining popularity to improve every body's Health & Well-being.

At Healthy Habits Massage, we work as a strong team to educate, promote and deliver quality massage therapy to our clients & our communities.

With our Unique Affordability of our services, we 'stand out' to reach you by providing massage as a healthy habit to include in your lifestyle; to promote health & wellness...

**Our philosophy is Quality,  
Affordability &  
Dedicated Compassion!**

Hours: Open 7 Days A Week!

**Referrals are the highest compliment!**

### Healthy Habits Massage Prices:

1 Hr. Massage \$43

1 Hr. Weekend Massage \$40

1 Hr. Ladies Day Tuesday \$38

1 Hr. Men's Day Thursday \$38

1 Hr. Birthday Massage Month \$39 Unlimited!

### Massage Styles:

**Swedish** - Basic Massage/long sweeping strokes, excellent for circulation & overall muscle relaxation.

Swedish is incorporated in every type of massage for warming & flushing purposes also.

**Deep Tissue** - Relieves severe muscles tension & connective tissue & fascia. This type of massage is extremely popular and adds to the Swedish.

**Therapeutic Massage** - Entails muscle specific treatment goals & learned techniques on a specific muscular problem. Types of therapeutic focus is: Trigger point, myofascial release, structural, injury focus, neuromuscular & sports massage.

**Reflexology** - Applying pressure to feet & hands Using thumbs & fingers on pressure points that relate to specific parts of the body.

**Pregnancy Massage** - Gentle rocking, rhythmic compressions, and basic Swedish on an expectant mother.

**Couples Massage Room** - Enjoy the emotional comfort of the two of you sharing sacred space during a massage. Perfect for Spouses, Family Members & Friendships.

## Our Story...

We believe in...quality, affordability & dedicated compassion in helping patients relieve their pain and improve their health & Wellness.

Healthy Habits Massage is co-owned by Dr. William Haas and Lori Haas, B.A. LMT. In August 2002, they opened a pain management clinic in Peoria and today it is still running very vibrantly managing patient's therapy in neuromuscularskeletal pain.

Over time many of our patients state how unique our Peoria clinic is in personal attention, friendliness, quality therapy and especially our affordable services: even our 'massage wellness clinic'. They would often comment and express there is no other place like ours! To meet their needs, we branched out into the Surprise Community:  
Healthy Habits Massage, LLC  
Opened August 26<sup>th</sup>, 2010.

We believe in the team approach to wellness and strive to hear your personal feedback in your experience with us.

Our goal is to help improve your health & wellness through Massage Therapy. Our direct contact is 623 451 5422.

'May you always have great experiences @ Healthy Habits!'

Truly, Dr. Haas & Lori

Thank-you for placing your trust in us.