

Charleston Massage & Flexibility Center

"Feel the Difference"

Taking an Integrative Approach to Massage Therapy and Health Care

Who Are We?

Bringing together over 30 years of combined massage experience, Charleston Massage and Flexibility Ctr is the premier massage therapy facility in the Lowcountry. Treating clients of all ages, our goal is to work with you to improve your general health and well-being, care for specific injuries, and to enhance general relaxation and relieve stress.

What Makes Us Different?

Our team of professionals believes that massage therapy is a significant tool for preventative healthcare. Through dialogue, professional assessment, and individualized treatment, we take an integrative approach to working with you to bring your body to its peak condition at any period of your life and to assist you with maintaining that level of well being. The staff of Charleston Massage and Flexibility Ctr. provides a professional, friendly, relaxed, and communicative atmosphere to their clients. In addition, Charleston Massage and Flexibility Ctr. supports the community through sponsorship of local events and educational workshops and seminars.

Why Should I Get A Massage?

Massage has direct physiological and psychological benefits and is a very important part of overall wellness.

Some Conditions that Massage is Beneficial for Include:

- ◆ **Reducing muscular tension and discomfort**
- ◆ **Reduces anxiety and improving sleep**
- ◆ **Enhancing general relaxation**
- ◆ **Improving circulation**
- ◆ **Increasing range of motion in joints**
- ◆ **Speeding healing and recovery from exercise**
- ◆ **Improves mental functioning**
- ◆ **Induces a relaxation response**
- ◆ **Refreshes muscles**
- ◆ **Improves detoxification in the body**

How Often Should I Receive A Massage?

Massage therapy should be a regular, integral part of a person's overall lifestyle. Massage aids in flushing waste products and toxins from your body, keeping the lymphatic system working properly helping to prevent illness and injury. Remember that massage therapy is not magic. More than one session is typically needed to obtain maximum results. After your initial session, your therapist will discuss an appropriate schedule with you to maintain optimum wellness. The amount of massage needed will vary from person to person based on factors such as stress level, lifestyle, and exercise, nutrition, and hydration habits.

What Should I Expect?

Our massage sessions usually range in time from 45 to 90 minutes. Upon arrival of your first appointment at Charleston Massage and Flexibility Ctr., you will be asked to complete a required health history form. This form, along with your personal assessment, will offer your therapists a good understanding of your current conditions and goals for your first session and future appointments. Your personal comfort, privacy, and overall relaxation are of utmost importance to our staff. You may disrobe to your level of comfort, knowing that this is a professional environment and you will be draped at all times, only uncovering the areas that are being addressed. Communication with your therapist about problem areas and the pressure of the massage will help ensure a beneficial and enjoyable experience.

How to Reach Us

Massage therapy sessions are available Monday through Saturday by appointment. Same day and walk-in appointments are also available but are based on the therapist's schedule.

Payment

For your convenience, we accept cash, check, MasterCard or Visa. All fees are due at the time of service.

Services Offered (Male and Female Therapists Available)

- ◆ Relaxation Massage
- ◆ Deep Tissue/Neuromuscular Massage
 - ◆ Sports Massage
 - ◆ On-Site Massage (chair)
 - ◆ Injury Assessment
 - ◆ Active Isolated Stretching
- ◆ Outcall Massage (For Additional Fee)

Fees:

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| 45min ----- | \$55 |
| 60min ----- | \$70 |
| 75min ----- | \$80 |
| 90min ----- | \$100 |

Contact Us

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