



Massage Therapy



3135 New Germany Road

(Ebensburg Mini-Mall)

Ebensburg Pa 15931

814-471-6871

Visit us online:

www.myspace.com/LHTA

How Massage Therapy can help you:

- Increase circulation
- Promotes relaxation
- Increases range of motion
- Improves muscle tone
- 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:

Swedish massage - \$30 (60 min)

- \$20 (30 min)

Hot Stone Therapy - \$40 (60 min)

- \$55 (90 min)

Prenatal massage - \$30 (60 min)

Chair massage - \$15 (15 min)

LHTA does not discriminate against anyone with regards 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) 400 training hours prior to accepting clients in our clinic.

* Instructors are also available to accept clients around their class schedules – a 60 minute massage from a LHTA instructor is \$45.

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**). Do not feel pressured to do so. Tipping is always voluntary!