



# Massage Therapy and Body Work at Cornerstone, Doylestown

## Therapeutic Swedish Massage

Therapeutic Swedish Massage practitioners manipulate muscles, tendons, fascia and ligaments with techniques like kneading, cross fiber friction, trigger point and deep pressure to replenish, nourish, lengthen and relax your muscles. Regular massage can ensure all body systems are functioning at an optimal level.

- \* Eliminate muscle soreness
- \* Improve joint flexibility
- \* Decrease stress and anxiety
- \* Improve sleep quality
- \* Boost energy levels
- \* Enhance post work-out recovery

## Deep Tissue Massage

A Deep tissue practitioner uses knowledge of muscle groups, their connective tissue, and muscle group actions to decrease restriction in places of tension and bring awareness to places where there may be weakness. By removing excess tension on the muscle, pain, soreness, and tightness go away.

- \* Encourage balance
- \* Encourage freedom of movement
- \* Ease pain
- \* Increase body awareness
- \* Improve movement efficiency and function

## Therapeutic Hot Stone Massage

This is a specialty massage where the therapist uses smooth, heated stones, either as an extension of their own hands, or by placing them on the body while they massage other parts of the body. The heat can be both deeply relaxing and help warm up tight muscles so the therapist can work more deeply and quickly. A short session of hot stone massage may be incorporated into a regular massage session at no extra fee. However, a full session of hot stone massage is available upon request for a small additional fee. Please call for more information.

**CORNERSTONE** Clubs

[www.cornerstoneclubs.com](http://www.cornerstoneclubs.com)

215.794.3700

### Mastectomy Massage (and massage for other breast surgeries)

Whether cosmetic or life saving, breast surgery may cause scarring, swelling or edema as well as sore, achy muscles. Massage is a natural way to enhance the healing process.

### Reflexology

The feet are the fast track to deep relaxation, improved circulation and stress relief. Reflexology is perfect for pre/post running, pre/post workout, or anytime you need a quick but powerful therapeutic treatment. Available in 15 or 30 minute increments, this service is great for people who are short on time but in need of some effective TLC. Enjoy as a stand-alone service or add on to your massage!

### Scheduling

Appointments may be made at the Service Desk by phone or in person. We advise that you schedule in advance to assure your preferred appointment time. Please note that according to state law, minors (under age 18) MUST be accompanied by an adult in the massage room.

### Cancellation Policy

Kindly give 24 hours notice of cancellation to avoid a 100% cancellation fee. Payment is



#### **Massage Rates**

##### Member

30 min.	\$45
60 min.	\$75
90 min.	\$100
3-pack/60 min.	\$215
3-pack/90 min.	\$285
5-pack/60 min.	\$340

#### **Massage Rates**

##### Guest

30 min.	\$50
60 min.	\$85
90 min.	\$115
3-pack/60 min.	\$239
3-pack/90 min.	\$325
5-pack/60 min.	\$385

**Mastectomy Massage (75 min.)**

\$95/Member | \$105/Guest

**Reflexology**

\$25/15 min. - \$40/30 min.

Cornerstone Doylestown  
740 Edison Furlong Road, Furlong, PA. 18938  
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