

New to Cornerstone

Therapeutic Massage for Seniors

Benefits of Massage for seniors may include:

- Relief of joint pain associated with arthritis
- Stress reduction
- Deeper relaxation
- Lowering of blood pressure
- Reduction in swelling and edema
- Improvement in length and quality of sleep
- Decrease in feelings of isolation
- Compassionate touch to an often untouched lifestyle
- Soft, therapeutic touch can calm agitation and anxiety
- There are no side effects as there may be with medication
- Speedier healing from certain injuries or illnesses



30 Minutes - \$55 | 60 Minutes - \$90

Cornerstone Members Always Receive 10% OFF!!!

The Spa
at
CORNERSTONE

