InShapeMD

and Dr. Matthew deKay

—now offering—

Massage by Sunan

Traditional Deep Tissue or Whole Body Massage Therapy

Deep tissue massage therapy is best for giving attention to certain painful, stiff "trouble spots" in your body. The massage therapist uses slow, deliberate strokes that focus pressure on layers of muscles, tendons, or other tissues deep under your skin. Though less rhythmic than other types of massage, deep tissue massage can be quite therapeutic, relieving chronic patterns of tension and helping with muscle injuries, such as back sprain.

Whole body massage therapy, the most common type of massage is traditional whole body massage therapy. It involves soft, long, kneading strokes, as well as light, rhythmic, tapping strokes, on topmost layers of muscles. This is also combined with movement of the joints. By relieving muscle tension, is both relaxing and energizing. Massage time is divided equally to all parts of the body.

Pricing	60 Minutes	90 Minutes	120 Minutes
One-Time Introductory Price:	$45	$70	—
Standard Pricing:	$75	$100	$120
Package Pricing *(15% Discount/3 sessions)*:	$190 *($35 savings)*	$255 *($45 savings)*	$306 *($54 savings)*

Traditional Thai Massage

Generally fully-clothed in leggings or other exercise apparel • Can be a blend of traditional oil massage and Thai massage

Traditional Thai massage therapy is a technique used to give one a new life experience. It blends gentle rocking, rhythmic, acupressure, twist, and assisted stretches in order to enhance flexibility and range of motion. Joints are loosened and muscles are stretched from the feet to the head. Thai Massage achieves a deeper level of relaxation, thus improving circulation and stress levels, while promoting better sleep.

Pricing	60 Minutes	90 Minutes	120 Minutes
One-Time Introductory Price:	$55	$80	—
Standard Pricing:	$90	$125	$140
Package Pricing *(15% Discount/3 sessions)*:	$230 *($40 savings)*	$315 *($60 savings)*	$355 *($128 savings)*

2130 Farmington Avenue • Farmington, NM • (505) 436-2324 • **InShapeMD-NM.com**