

A Touch That Gives Back, LLC



Tammy Workman
MBA/HCM, LMT
Licensed Massage Therapist
Lic. # MA 71798

Integrative Massage – Making Self-Care Convenient

To Schedule a Session or For More Information Please Visit Us At:

www.ataouchthatgivesback.com

What Massage Will Do

- Relieves stress
- Improves circulation
- Increases flexibility
- Reduces inflammation
- Reduces fatigue
- Boosts all performance
- and more...

What We Offer



- Swedish
- Relaxation Massage
- Deep Tissue Massage
- Basic Sports Massage
- Pregnancy Massage
- Hydrotherapy
- Geriatric Massage
- Aromatherapy

*Lymphatic, Medical, and Pet
Massage coming soon...*

Price Options:*

- **Table Massage:**
(Packages of 2 or more SAVE \$\$)

45 min/\$55.00
60 min/\$70.00
90 min/\$110.00
120 min/\$140.00

- **Office Chair Massage:**
(Group packages available)

15 min/\$25.00
30 min/\$40.00
20 min/\$30.00
45 min/\$55.00

- **Ask Me About Our Ice Specific
or Relaxing Hot Hydrotherapy**

- **Free Aromatherapy and Deep
Heat Relief Muscle Therapy**

***Prices may vary based on location,
additional specials, and package
deals you choose.**

Ask About Our Classes For Children & Young Adults

(We have 20 years of experience in
Human Relations fields)

Using massage as learning tool:

- **Entrepreneurship**
- **Safe Touch Basics**
- **New Moms & Bonding**

*"I can't speak enough to
how much better I feel. I
didn't realize how much
pain I was in until it began
to subside"~ Matthew
(LMT)*

*"I can now lift my left arm
more than I could in years!
And my back pain is almost
gone too"~ Tanija
(Elder Care Manager)*