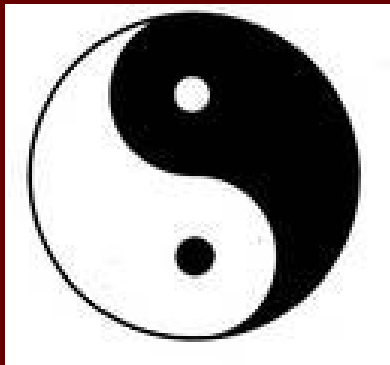


## MISSION STATEMENT

To help improve ones physical and mental health by relieving stress, muscle pain, and tension.

To promote health and well being and with it improve ones quality of life.

To educate and promote self care.



**Associate Member**

Stephen has spent the past 25 years focusing on fitness, health, and well being. He has completed more than 150 triathlons including 14 Ironman races, and has a passion for cycling.

### **A REVIVING MASSAGE**

Stephen Dean, LMP

@ W8LIFT

Personal Training Studio

1467—130th N.E.

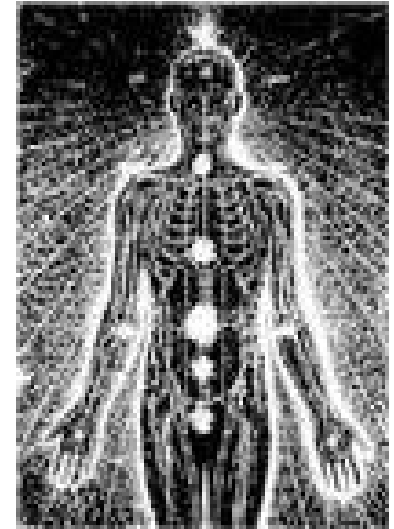
Bellevue, WA 98038

Cell: 206-384-0491

Email: 2revive@comcast.net

Website: [www.w8liftstudio.com](http://www.w8liftstudio.com)

## **A REVIVING MASSAGE**



**-Wellness  
-Deep Tissue  
-Treatment  
-Sports  
-Cranial Sacral**

- **Relieve**
- **Relax**
- **Revive**

**Tel: 206-384-0491**

## ON-SITE MASSAGE

I come to you in your own office. Treat yourself and your staff to a personal, relaxing 15 minute massage session.



**NO OILS ARE USED** and clients remain fully clothed. A portable massage table is set up in minutes anywhere in your office.

Massage techniques and acupressure are used to ease away stress, muscle pain and tension.

### **ON-SITE MASSAGE:**

- Helps your staff be more effective
- Boosts morale
- Soothes stress away
- Revitalizes your staff
- Promotes a better working environment

## *Massage Benefits*

### *PHYSICAL BENEFITS...*

- helps relieve stress and promotes relaxation
- helps relieve muscle tension and stiffness
- improves circulation of blood
- reduces blood pressure
- helps improve flexibility
- strengthens the immune system
- improves posture
- relieves tension related headaches
- enhances the health and nourishment of skin
- helps relieve carpal tunnel syndrome

### *MENTAL BENEFITS...*

- helps relieve mental stress
- enhances capacity of calm thinking and creativity
- reduces anxiety levels
- fosters a feeling of well-being
- improves ability to recognize stress signals
- normalizes blocked energy flow

## RATES

1/2 Hour.....	\$45.00
1 Hour.....	\$70.00
1 1/2 Hour.....	\$100.00
Package of 3.....	\$200.00

## DEEP TISSUE

1 Hour.....	\$85.00
Package of 3.....	\$240.00

**206-384-0491**

24 hour notice is required  
for all cancellations

## THANK YOU

### Give the Gift of Massage

*Need a unique present  
for that someone special?  
The one who "has everything?"  
Massage is an affordable gift that  
shows you care; and is always  
the right size and color.*