

SecretisCare Family Practice Massage Therapy

REDUCED PRICES

“Every Body Deserves a Massage”



Massage Therapy

Touch can be a powerful part of life!

Massage therapy has a wide range of benefits for the body and mind. Massage increases blood circulation, increases lymphatic drainage and helps the body deal with metabolic toxins that build up in muscle tissue.

Massage also allows you to become aware of your stress areas and your body in general. With all our hectic schedules, sometimes we don't take the time to reflect on what's important in our lives, which is health, wellness, ourselves and the people we love. Now is the time to show you and those around you how much you really care. The intent is to relax the soft tissues, increase delivery of blood and oxygen to the massaged areas, warm them, and decrease pain, while overall reducing stress in a very relaxing atmosphere.

Gift Cards also available

Gratuity not included

Inspiring Quotes:

"To me, there are three things we should all do every day. Number 1 is laugh. You should laugh every day. Number 2 is think. You should spend some time in thought. Number 3 is you should have your emotions moved to tears, could be happiness or joy.

But think about it. If you laugh, you think and you cry, that's a full day, that's a heck of a day"

--Jim Valvano

"A wise man ought to realize that health is his most valuable possession."
"For rubbing can bind a joint that is too loose, and loosen a joint that is too rigid."

--Hippocrates

"It is human nature to think wisely and act foolishly."

--Anatole France

"All of the animals except man know that the principal business of life is to enjoy it."

--Anonymous

"A day without laughter is a day wasted."

--Charlie Chaplin

"Anyone who lives within his means suffers from a lack of imagination."

--Lionel Stander

"Life is too important to be taken seriously."

--Oscar Wilde

"How do you go from where you are to where you want to be? I think you have to have an enthusiasm for life. You have to have a dream, a goal, and you have to be willing to work for it."

--Jim Valvano

"Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul."

--Samuel Ullman

"Cancer can take away all of my physical abilities. It cannot touch my mind, it cannot touch my heart, and it cannot touch my soul."

"Don't give up! Don't ever give up!"

"I just got one last thing, I urge all of you, all of you, to enjoy your life, the precious moments you have. To spend each day with some laughter and some thought, to get you're emotions going."

--Jim Valvano

Thank you for all your support!

Dr. Seretis & Staff