

## Medi-Massage Cupping

### Ancient Healing

Have you got issues in your tissues? This treatment greatly enhances any session by stimulating the circulation and lymphatic drainage. It is impossible to stay tense! Can be combined with almost any manual therapy at no additional charge.

### Kinesiotaping application \$13 and up

## Cellulite Reduction

Trial Session Available

### Synergie™ *The Secret is Out!*

†Cellulite Reduction Program

†FDA Approved to reduce the appearance of cellulite

†Non-surgical, safe and soothing treatment

†Effectively rids the body of toxins

†Increases circulation and metabolism

†Lose inches and feel great!

**\$95 per treatment**

Save \$\$\$ with package of 4,8 & 16

## Facial Rejuvenation

### Synergie™ *Facial Rejuvenation Program*

†Provides relaxing facial massage

†Shapes and contours the neck and chin

†Reduces puffiness under eyes and around cheeks

†Helps diminish fine lines and wrinkles

†Increases circulation

†Great for single session or complete series

**\$45 per treatment**

Save \$\$\$ with package of 12

Ask about trial sessions!



## Why Come to Milford Body Therapy?








We are a practice that focuses on pain, muscle form & function. We offer a variety of body-work and movement modalities from general therapeutic massage to orthopedic techniques to help you function and move your body more fluidly.

## Gift Certificates Available

For all special occasions.  
Purchase at our office, by phone  
or online at our website.

[milfordbodytherapy.com](http://milfordbodytherapy.com)

### Additional Info...

-  Handicap Accessible
-  By appointment only
-  Hour availability varies
-  Online scheduling 24/7
-  24 Hour Cancellation Policy
-  Referral Incentives
-  Cash, Check and Credit accepted



*We must balance the body,  
heart and mind. There is no  
better time than now to begin  
the journey.*

318 New Haven Ave., Unit D,  
Milford, CT 06460

203.874.3096

[www.milfordbodytherapy.com](http://www.milfordbodytherapy.com)

Online Scheduling Available!



## Vision for Milford Body Therapy

MBT is not only a place of relaxation and healing. It is a place of education, motivation, awareness, encouragement and empowerment.

We do not have needy clients who rely on us to fix them.

We serve those who look up to us and use us as a resource to improve their lives.

We do not create a fantasy environment into which our clients "Escape Reality."

We provide nurturing guidance that helps people in the "Real World."

We are capable and proud models in this community. We are our true selves at work and at play.

There is no candy coating that washes off in the shower after the massage is through.

Clients go home feeling their money was well spent and they will return because they are taking responsibility for their health.

Clients have confidence in our consistency and professionalism.

MBT is in a constant state of growth, as are we. We can look to MBT for strength and its strength will increase because of us.

MBT is our place of work and MBT works for us.

[www.milfordbodytherapy.com](http://www.milfordbodytherapy.com)



## Manual Therapies

### ● **Therapeutic Massage** *MBT Special!*

Lower your blood pressure and improve circulation with a light to medium pressure. Release sore, spastic muscles and re-energize your fatigued body with moderate to deep pressure. Injury Prevention & healing.  
30 min \$50 • 45 min \$75 • 60 min \$95  
75 min \$120 • 90 min \$140

### ● **Ashiatsu Oriental Bar Therapy** *(AOBT)*

“The deepest, most luxurious massage on the planet!” The therapist uses her feet to massage you. Using bars on the ceiling for balance, she can apply incredible pressure to relieve chronic back pain safely & effectively. (See additional insert).  
60 min \$95 • 75 min \$125 • 90 min \$150

### ● **CORE Myofascial Therapy** *Restore Your Posture!*

An intense style of structural Body work that is slow, deep and specific. This is structural integration that improves your posture and relieves your pain. Myofascial Therapy can be applied anywhere on the body but is not a full body session.  
45 min \$90 • 60 min \$120 • 90 min \$160

### ● **Pre-natal Massage** *Real Relief!*

A soothing way to ease lower back pain and anxiety in the expectant mother. A special body cushion is used in this session for maximum comfort.  
30 min \$50 • 45 min \$75 • 60 min \$95



## Movement Therapies

### ● **Personal Training**

Learn how to improve your strength, endurance, flexibility and balance. Strength training will also help you lose unwanted pounds and have more energy! Exercise has been proven to prevent a multitude of diseases, fight depression and curb appetite. Make the choice to live life to the fullest. Do not delay!!

Initial Assessment 60 minute..\$85  
30 minutes.....\$45  
45 minutes.....\$70  
60 minutes.....\$85

#### **Personal Training Packages**

*Save with packages of 6, 12 or 18*

### ● **3D MAPS**

This is a most innovative way to analyze and enhance the entire body in an evidence based manner. This performance system applies 3-dimensionally to all human function

3D MAPS Analysis 30 minute.....\$55  
3D Mapping Program 45 minutes per session..\$80

### ● **Stretch Therapies/Thai** *Create Inner Space!*

For the client who needs to release muscle tension and open up joint spaces, this treatment is intense. Stretch Therapy targets specific restrictions and increases circulation and lymph flow. Loose comfortable clothing is worn during this session.

45 min \$75 • 60 min \$95 • 90 min \$140



## Spiritual Therapies

### ● **Reiki**

Promote deep relaxation and balance energy in the body. Transform negative energy in to positive Energy. Reiki helps achieve optional wellness, stress and pain reduction, relaxation and much more!

30 minute session.....\$45  
60 minute session.....\$80

### ● **Shamanic Guidance**

Remove repetitive patterns of negative self talk. Understand your past experience and see the Opportunity in what is being presented to you. Return to a conscious awareness and move forward with courage and purpose. Each session has a portion of consulting, discussion and journeying to best understand how to proceed in a very challenging world.

Initial 2 hour session.....\$250

## Bundles

### ● **Thrifty Three Pack**

Three 60 or 90 minutes massages for one low price. Package must be paid for in advance.

3 - 60 minute massages for \$260  
3 - 90 minute massages for \$380

### ● **Six Plus One our Best Value Pack**

Purchase six sessions (all same \$ value) and receive your seventh for free. Package must be paid for in advance.

### ● **Couples Care Package**

6 one hour sessions for the couple that like to receive at the same time on a regular basis (separate rooms)

6 - 60 minute sessions for \$490



## Custom Therapies

### ● **Rescue Pack RX** *NO MORE PAIN!!!*

A combination of mobility, balance, strength training and massage therapies to quickly reduce pain and educate you for immediate use at home!  
Four 30 or 45 minute sessions in a two week period.

#### **Rescue Pack RX**

Four 30 min sessions in a 2 week period... \$180

#### **Rescue Pack RX Supreme**

Four 45 min sessions in a 2 week period... \$280

### ● **Motion Packs**

Train in our fitness area and receive a beneficial session of body work

#### **Motion Pack**

Four 45 minute sessions of Personal Training and One 45 minute session of Massage Therapy \$350

#### **Motion Pack Supreme**

Four 60 minute sessions of Personal Training One 60 minute session of Massage Therapy \$430

### ● **Cocoon Body Wrap**

This 60-minute session hydrates and tones skin, detoxifies, improves digestion, increases lymphatic flow and boosts the immune system health.

We use Medi-cupping techniques and our essential oil combinations to reduce symptoms from conditions including : Anxiety, insomnia, fatigue or lack of motivation, constipation, excessive medication/antibiotics/stress, pain in joints and muscles, bronchitis and lung health.

\$125 per session.

