

A new day for your senses...

Traditional Swedish Massage \$xxx.xx per hour

European full-body massage pampers the body with a Swedish technique designed to stimulate circulation and promote relaxation. Eliminate accumulated stress, improve muscle tone and ease muscle aches.

No-Stress Express \$xxx.xx per hour

No time to relax? Treat yourself to this stress reducing massage. Focusing on the primary tensions in your neck & shoulders, This mini-massage will help relieve upper body tension so you can maintain your professional edge.

Stress Therapy Treatment \$xxx.xx per hour

Relieve the stress that affects your mind, body and spirit. Start with hot, steamed towels placed on your back to soften sore muscles and flush out stagnant fluid. The massage treatment unlocks tension deep within the muscles to help you achieve total relaxation. Session includes valuable knowledge and tips on how to control the effects of stress.

Deep Tissue/Sports Massage \$xxx.xx per hour

This individualized session for the sports enthusiast lets you release relax even the deepest tensions and optimizes your muscle performance by increasing flexibility. Focuses on tight muscle groups to improve athletic performance, body sculpting and overall mind/body stress reduction.

Me & Mine Couples Massage \$xxx.xx per hour

This is the treatment for all you love birds out there...a delightful one hour massage for just the two of you

Scalp & Face massage \$xxx.xx per hour

Lie back and enjoy an exhilarating and therapeutic experience. Helps to calm and relieve pain associated with tension headaches, migraines, and sinus conditions.

Oh, Baby! Pregnancy massage \$xxx.xx per hour

Relax in our medically-approved, baby safe cushion that allows you to lay face down and relieve the aches and pains that come with being an expectant mother. Improves circulation, reduce back soreness, leg cramps and swollen ankles.

Neuromuscular Therapy \$xxx.xx per hour

Systematically release tense, sore muscles by working specifically on each area of concern. Instant results without pain during or after treatment.

Take a day break on the web

www.dbmassage.com



to find out more about how our hydrotherapy and body works treatments can rejuvenate you inside and out.

Ease your mind

Relax your body

Rejuvenate your spirit



day break
massage & bodywork

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