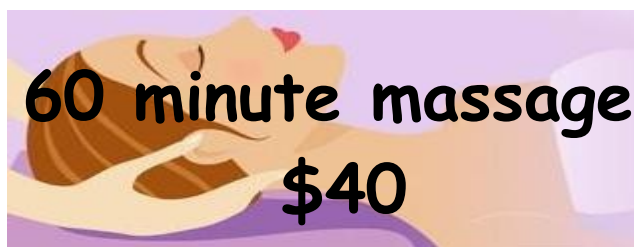


# Kneaded Hour Massage Therapy

3474 N. High St.  
The Cornerstone Building, 2<sup>nd</sup> floor  
Columbus, OH 43214

**(614)737-3838**



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

<p><b>Regular Massage:</b> Our massage sessions are customized to fit the unique needs of each individual client. You may receive a variety of modalities during your massage including Swedish (relaxation), Deep Tissue, NMT (Neuromuscular Therapy), and many others.</p>	<p><b>Pre-Natal:</b> Pre-Natal Massage is a form of massage that is geared to meet the unique needs of the pregnant client. Promoting better function of muscles and joints, Pre-Natal massage also improves circulation and overall body tone. This specialized form of massage decreases mental and physical fatigue as well.</p>
<p><b>Sports:</b> The main purpose of sports massage therapy is to help alleviate the stress and tension that builds up in the body's soft tissues during physical activity. Where minor injuries and lesions occur, due to overexertion and/or overuse, massage can break them down quickly and effectively.</p>	<p><b>Hot Stone:</b> Heated, smooth basalt stone are used. Stones may be placed on various points on the body to help loosen the tissue but they are primarily used to massage the muscles. The warmth is very soothing but also allows the therapist to get into the deeper layers of muscles more effectively.</p>
<p><b>New Client Prices</b>          60 minutes \$40          75 minutes \$55          90 minutes \$70          105 minutes \$85          120 minutes \$100</p>	<p><b>Returning Client Prices</b>          60 minutes \$60          75 minutes \$75          90 minutes \$90          105 minutes \$105          120 minutes \$120</p>
<p><b>Add an essential oil sea salt foot scrub to any session for \$10</b>  <b>Add an essential oil sea salt back treatment to any session for \$20</b></p>	
<p><b>"Buy 4 Get 5" Packages</b>          60 Minute Package: \$240          75 Minute Package: \$300          90 Minute Package: \$360          105 Minute Package \$420          120 Minute Package \$480</p>	<p><b>Hot Stone Prices</b>          60 minutes \$75          75 minutes \$90          90 minutes \$105          105 minutes \$120          120 minutes \$135</p>
<p><b>GIFT CERTIFICATES ARE AVAILABLE FOR ALL SERVICES</b>          All major credit cards and personal checks are welcome</p>	
<p><b>Chair Massage:</b> Using an ergonomically designed chair, and sessions 10 - 20 minutes long, chair massage is quickly gaining popularity in corporate settings as part of employee wellness programs or even during events such as meetings or office parties as it requires little space and the recipient remains fully clothed.  <b>\$70 per hour, two hour minimum. \$60 each additional hour.</b></p>	