

Benefits of Massage



- Reduces stress
- Improves circulation
- Relaxes muscles
- Improves joint mobility
- Promotes well-nourished healthy skin
- Increases attentiveness and learning

*Gift Certificates Available
Massage Gift Certificates Are
Stress Free In The Giving
And The Receiving!*

Massage Tips

BEFORE

Wear comfortable casual clothes. Anything cotton is good--something like sweats. Undress to the extent that you are comfortable. Leave on underwear, if you desire. You will be covered by a sheet except for the areas where I am working.

DURING

Breathe deeply through your nose. Fill air into the abdominal area to the lungs and exhale through the mouth. This will release stress throughout your body. Do not help me. Simply receive, relax, and allow me to manipulate muscles and move limbs freely.

TALK

Tell me if the pressure, the music, the temperature--anything-is uncomfortable. This is YOUR time to be good to your body and yourself. DO NOT apologize for anything about your body. I will charge extra for that. Snoring and drooling are welcomed compliments.

AFTER

Drink lots of water to help your body de-tox. Book your next session. The benefits of massage are cumulative. When received regularly your body relaxes faster.



Lill Quandt, CMT

608-212-7616

By Appointment Only

*Visit me online at
www.peacefulhandsmassage.com*

Relax



Massage Sessions

- 60 minutes
- 75 minutes
- 90 minutes

Polarity Massage

Do oils irritate your skin? Getting undressed is not for you? Try a polarity massage. Restful, relaxing, rocking form of massage using energy points.

60 minutes

Lymphatic Massage

A light touch is used to boost the immune system with this completely relaxing treatment. Lymph flow is encouraged to remove toxins from the body.

60 minutes

Restore



Work, Work, Work

Do you sit at a computer for eight hours or more every day? Do you do repetitive work daily? Use the telephone constantly?

Shoulders hugging your ears? Hands stressed out? This session will focus on your neck shoulders, hands and arms.

30 minutes

Chair Massages

Will do chair massages at your place of business or home party.

Please call me for details.

Minimum 10 minutes



Rejuvenate



About Lill

Lill is a state licensed certified massage therapist (CMT), a member of Nationally Certified in Therapeutic Massage and Bodywork (NCTMB), and a member of the Associated Bodywork & Massage Professionals (ABMP). She is a graduate of the Blue Sky School of Professional Massage and Therapeutic Bodywork and has practiced many modalities; Swedish, Neuromuscular Therapy (NMT), lymphatic, polarity, Lomi Lomi, and hot stone massage. She believes in the benefits of massage as a wonderful way of relieving stress. Massage not only relieves stress on the muscles themselves, but also improves our whole sense of well being.

To schedule an appointment or to learn more information, please contact me:

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