

ON SITE MASSAGE



CALL FOR REASONABLE RATES

Seated massage is performed in all kinds of environments from gyms and chiropractic offices, to trade shows and golf events. Some of the benefits of chair massage in corporations: Seated massage is done over the clothing so that no special space is required. No oils or lotions are used so that employees don't need to shower. Seated massage typically takes no longer than a coffee break.

352-345-3597

Benefits for your company-- Increases employee productivity. Decreases sick days. Creates a healthy atmosphere. Increases employee appreciation and loyalty to the company. Takes minutes out of a person's work day.

Benefits for employees--Pain relief from sore, tight muscles. Creates awareness of harmful habits. Improves mental alertness and concentration through relaxation. Effective for repetitive movement problems (RSI). Gives employees the feeling they are cared about. Health benefits are immediate and increase with frequency.

MASSAGE THERAPY BY LIZ GUTIERREZ, BS, LMT

Liz holds a Bachelor's of science in Biology from SUNY @ Fredonia, NY. Licensed in NY and FL, she graduated Valedictorian of her class at the New York Institute of Massage's 1100 hr program. Liz is available for speaking engagements and teaches Total Health seminars.

Liz Gutierrez BS, LMT

EVERY BODY DESERVES MASSAGE!

3140 Forest Rd
Spring Hill, FL 34606
352-345-3597

TUE/THURS/SAT BY APPOINTMENT
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