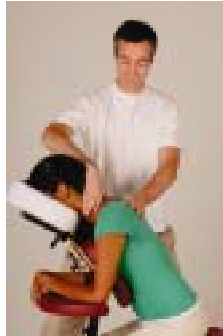
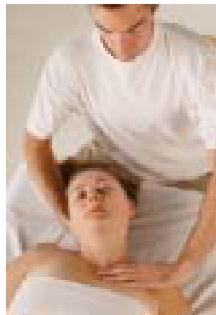


Types of Massages

At the massage center we offer relaxation massage. Receive a one half hour chair massage.



If you prefer a one hour or more massage, try our table massage.



Take a few minutes to relax and enjoy.



Relaxation & Therapeutic Massage

Jim Berg
4946 Pernod
St. Louis, MO 63139-1252
Phone: 314-276-5980
E-mail: jim.berg@sbcglobal.net
<http://www.massagecntr.com>

Relaxation & Therapeutic Massage

Jim Berg



Associated Bodywork
and
Massage Professionals

What do we offer?

At the massage center we offer relaxation massage. Your choice of either coming to our location or at your office or home. Your massage comes complete with your choice of oil or lotion. Relaxation music provided.

We offer gift certificates year around for birthdays, New Years, Christmas, Valentines day, or "Just Because."

If you had a difficult day at work, stop by and visit us. We will relax you. What a great feeling to be relaxed before you go home so you don't kick the pets or yell at others in the household.

Price List

By Appointment only

Chair Massage 15 Minute	\$15.00
Chair Massage 30 Minute	\$30.00
Table Relaxation Massage 30 Minute	\$25.00
Table Relaxation Massage 60 Minutes	\$50.00

Can Massage, Bodywork

Or Somatic Therapies Benefit Me?

Massage provides relief to people from all walks of life—the weekend or competitive athlete, the home gardener and the overstressed executive struggling to keep pace in today's economy. Secretaries, laborers, waitresses—anyone can feel a need at some point in time. The older population, as well, will benefit from massage, as it enhances flexibility and circulation. The bedridden can also be helped in this regard. There are some conditions where message is not recommended, however. Your practitioner will ask for information regarding any specific health conditions from which you may suffer to make a determination and will advise you accordingly.

Taking Care Of Yourself

Care of your body should be at the top of your priority list. You will feel and look better if you take the necessary steps regarding health and nutrition in this age of increased longevity. Stress relief alone can improve your vitality and state of mind. MASSAGE, BODYWORK AND SOMATIC THERAPIES COULD PLAY AN IMPORTANT ROLE IN YOUR LIFE

