



it's  
almost  
paradise

treat yourself

## how to receive a massage

### BEFORE YOUR MASSAGE . . .

- Please bathe before your massage.
- Allow plenty of time before and after your appointment to check in, get relaxed and get moving again afterward.
- Discuss your health with your therapist. Indicate any recent injuries, open wounds or areas of pain you are currently experiencing. Keep your medical history updated.
- Remove all jewelry. Remove as much clothing as you want. **You will always be covered with a sheet or blanket for privacy and warmth.**

### DURING YOUR MASSAGE . . .

- Relax, breath deep, go inward and let your body go limp.
- Tell your therapist immediately if anything feels uncomfortable. A massage should never be painful.

### AFTER YOUR MASSAGE . . .

- Drink plenty of water. Water aids the body's healing process and will flush toxins out of the body. This allows you to benefit from your massage for many days.

### condition of services

- Prices subject to change without notice.
- If you are unable to keep this appointment, kindly give us a 24 hour notice.
- Any illicit or sexually suggestive comments or actions will result in immediate termination of the session and full payment will be due.

flickering candles

hushed music

fresh scent  
fills the air

daily stressors  
& aching muscles  
fade into oblivion



Vicki Wolschleger  
Certified Massage Therapist  
586.453.1316

Daniele Wolschleger  
Certified Massage Therapist  
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167 S. Main St., Romeo, MI 48065

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

Hours by appointment only:  
Monday - Wednesday 10 am - 6 pm  
Thursday - Friday 10 am - 8 pm  
Saturday 10 am - 2 pm

Massage offers a drug-free, non-invasive & humanistic approach based on the body's natural ability to heal itself.



**BENEFITS OF MASSAGE & BODYWORK**

- Increases circulation, allowing the body to pump more oxygen and nutrients into tissues and vital organs.
- Stimulates the flow of lymph, the body's natural defense system, against toxic invaders. Increased circulation of blood and lymph systems improves the condition of the body's largest organ -- the skin.
- Relaxes and softens injured and overused muscles.
- Reduces spasms and cramping.
- Increases joint flexibility.
- Reduces muscle pain of athletes at any level.
- Improves range-of-motion and decreases discomfort for patients with low back pain.
- Relieves pain for migraine sufferers and decreases the need for medication.
- Provides stretching for atrophied muscles and reduces shortening of the muscles for those with restricted range of motion.
- Assists with shorter labor for expectant mothers, as well as reduces the need for medication, eases postpartum depression and anxiety, and contributes to a shorter hospital stay.

gift certificates available.

**swedish massage**

Traditional full body massage.  
 1 hour .....\$65.00  
 1 1/2 hours.....\$95.00  
 2 hours.....\$120.00

**hot stone massage**

A dual purpose massage. Highly relaxing, stress reducer using the stones to address specific problems with more detailed work.  
 1 1/2 hours.....\$95.00  
 2 hours.....\$120.00

**sports massage**

Be a more effective athlete when you receive a sports massage before or after the day of your sporting event.  
 1 hour .....\$70.00

**deep tissue massage**

Therapist reaches tissue between your joints and bones that aren't mobile.  
 1 hour .....\$70.00

**shiatsu massage**

Fully clothed, therapist works on the body's accupuncture points, as well as the body's energy channels.  
 2 hours.....\$150.00

**reflexology massage**

Fully clothed, specific pressure points are reached on the hands and feet.  
 1/2 hour .....\$40.00  
 1 hour .....\$65.00

**positional release massage**

Strategic movement to be in a position without pain, therefore releasing knots.  
 1 hour .....\$65.00

**pre-natal massage**

Massage performed during the 2nd & 3rd trimester of pregnancy.  
 1 hour .....\$70.00

**infant massage**

Immediately after birth to 5 years old, to help overall health and calmness.  
 Per minute.....\$1.00

**chair massage**

Fully clothed, relieving the stress in upper back, shoulder and neck.  
 Per minute.....\$1.00

**couples massage**

Perfect for Anniversaries, Sweetest Day, Valentine's Day. Call for more information.

stop in at our monthly Pamper Party

First Friday of each month  
 (except holiday weekends)  
 6:00 pm - 9:00 pm

YOU CHOOSE ANY THREE:

- Facial Scrub
- Chair Massage
- Hand Massage
- Foot Massage
- Paraffin Dip
- Foot Soak

Any three services .....\$25.00

**Pamper Parties are offered on and off-site for friends and family**

**steamy wonder™**

Enjoy deeper relaxation by adding steam therapy to your massage. Experience the warmth of a private, aromatic steam bath in our Steamy Wonder™ Steam Canopy

This is the most comfortable and healthy way to steam - lying down with the head and neck kept cool.

**BENEFITS OF STEAM THERAPY**

- Restores vigor and vitality
- Promotes weight loss
- Stimulates release of toxins
- Alleviates muscle soreness
- Relieves joint stiffness
- Eases congestion
- Creates soft, radiant and healthy skin
- Increases resistance to illness

15 minutes .....\$20.00  
 30 minutes .....\$40.00

add to a massage at time of service  
 15 minutes .....\$15.00  
 30 minutes .....\$30.00

*Additional Services*

Combine any of the following with other services for a complete package. Call for details and pricing.

- Salt/Sugar Scrubs
- Seaweed Wraps
- Facials
- Hot Stone Facial
- Paraffin Dips

*Also...*

- Spa Day with Friends
- Bridal Party
- Corporate Chair Massage
- Pamper Parties