

Add a massage to any occasion with our variety of options suited for your needs.

Divide up the time with friends, family, co-workers, even neighbors. Great for socials, office meetings or spa parties. Massage is good for Anxiety, Depression, Cramps, Headaches, Sprains, Strains, Aches, Pain, Knots, Cellulite reduction, Weight Loss, Fibromyalgia, Pregnancies, Plastic Surgery, Cellulite Reduction, Obesity, Tummy Tucks, Meditation, Stress relief, Addiction rehabilitation, Long Term Recovery and Terminally ill Patients, Mood Disorders, Posttraumatic, Chemical Imbalance, Athletes, Seniors, Family, Pets, Events, Corporate, Weddings, or for General Health Well-being purposes.



Hydrate and nourish your skin with our Body Mud Treatments. Each has unique ingredients and benefits. All body mud treatments include Sea Salt Body Scrub and Body Butter Hydration treatment.

#### Did You Know?

- Research indicates that a massage results in decreased job stress, increased alertness and increased speed & accuracy on math computations.
- Office workers massaged regularly were more alert, performed better and were less stressed than those who weren't massaged.
- Up to 90% of all visits to primary care physicians are for stress-related complaints.
- Stress accounts for \$26 billion in medical and disability payments and \$95 billion in lost productivity per year.

Anthony Robbins LMT 025536  
Owner Operator  
Chair & Table Massage catered to you

Cell 281-660-6272

[anthony@houstonmidtownmassage.com](mailto:anthony@houstonmidtownmassage.com)

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



All massage services are catered to you in home, office, hotel and for events. Advanced appointment recommended. Serving Greater Houston areas including Galveston, Clear Lake, Katy, Spring, Conroe and surrounding areas. For greater distances, generally out of Harris county, there may be a two or more hour minimum.

# Houston Midtown Massage

Serving Greater Houston, TX  
Galveston, Clear Lake, Katy,  
Spring, Conroe

Corporate chair massage  
Full body massage  
On site spa treatments  
Massage therapist substitutions  
Spa parties  
Events

281-660-6272

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

Spa services catered to you.

## Table Massage

Table massage can offer a variety of options.

The table allows the client to lay down and rest. This increases muscle relaxation providing a more thorough massage. During the table massage the client has an option of a bare skin massage with oil ( recommended ), or Shiatsu style massage while remaining fully clothed.

### Relaxation Massage

Includes a light pressure massage, manipulating the soft tissue on the body which gives you a relaxing mood. Great for meditation or stress relief.

### Sport Massage

Very firm massage with vigorous applications including percussion, stretching, and joint movement.

### Swedish Massage

Gentle Effleurage, kneading, and stroking of the muscles.

### Therapeutic Massage ( Recommended )

Firm pressure with Swedish with massage style applications  
May Include optional joint movements and stretching.

### Deep Tissue Massage

Extremely firm massage penetrating deep into underlining muscle.



## Prices



All prices listed with Anthony valid till 06/2012

### General On-Site Table Massage

\$65 one hour massage session VIP

\$75 one hour massage session

\$90 ninety minute session

\$100 two hour session

\$25 additional thirty minutes after two hours

\$50 additional hour after two hours

### Hot Stone Massage

Additional \$25 to any full body session

### Sea Salt Body Scrub

\$5 for back only with one hour appointment

\$25 full body with one hour appointment

### Body Mud Wraps

\$50 with any massage or other service

### Chair Massages

\$50 per hour for two or more hours

\$1 per min for less than two hours

Additional therapist available

## On Site Chair Massage

If you work in an office and spend a lot of time behind the desk you may suffer from aches and pains you cannot explain. These problems are usually due to working in the same position all day and over the course of some years.

Chair massage can be very beneficial and can relieve these common problems: Stiff neck, headaches, spinal pain, muscle spasm, knots in the shoulders or neck, Low back pain, numbness in the hands and arms, tingling in the fingers, aching wrist, and aching muscles.

During a Chair Massage session you are fully clothed and massage is directed to the back, shoulders, and neck.

The benefits are very rewarding and can Increase moral, Reduce Stress, Increase awareness Reduce blood pressure, Increase immunity, Relieves fatigue, Increases productivity, Reduces poor habits, Increases energy, Increases circulation.

**Chair massage times may be divided to meet your needs.**

