

Gift certificates Available!

all bodywork sessions include at no extra charge:

aromatherapy sea salt foot soak
aromatherapy or unscented oils
heated massage table

1 hour session.....\$65
1-1/2 hour session.....\$95
2 hour session.....\$120

On-Site Chair Massage

\$1/minute

call for hourly minimum
plus travel

**All Natural Bath Products
with Pure Essential Oils**

Aromatherapy Sea Salts
Aromatherapy Foot Soaks
Organic Sugar Scrubs
Massage Oils
Topricin Pain Relief Cream
Relaxation CD's

www.stressescapes.com

2007



Please call for an
appointment:
207.646.6811
or go to
www.stressescapes.com



Sue Ramatowski studied Reiki with a Traditional Usui Reiki Master. She has been a practitioner since 1990 and a Reiki Master and teacher since 1999. Sue studied therapeutic massage at the Polarity Realization Institute in Portland Maine. She became a licensed massage therapist in 2000. She continues her education each year, studying with such well-known masters as John Barnes (Myofascial Release) and others to learn new and different techniques for a more effective massage. Sue has a comfortable and private studio in her home in Wells, Maine.

By appointment only please

**Relax into
better Health!**

Sue Ramatowski

Licensed Massage Therapist

Reiki Master Teacher

www.stressescapes.com

207-646-6811



Services

Professional Therapeutic Massage

- Deep Tissue Massage
- Myofascial Release
- Hot Stone Massage
- Swedish Massage
- Pregnancy Massage
- Reflexology
- Chair Massage
- Traditional Usui Reiki



Pregnancy Massage

Enjoy a much deserved massage on a specially designed body cushion with a "breakaway tummy" to fully support you in comfort while lying on your stomach. Helps relieve fatigue, leg cramps, headaches, backaches, and general aches and discomforts of pregnancy.



Hot Stone Massage

The heat from smooth basalt rocks penetrates the very depth of your muscles, melting away knots and tension. An indulgence that is both comforting and relaxing.

All hot stone massages are a minimum of 1-1/2 hours.

A bodywork session may be one technique or any combination of techniques described below. If you have a preference, please specify when making your appointment.

All sessions include a relaxing aromatherapy sea salt foot soak and heated table at no extra charge!

Swedish Massage

Total relaxation...soothes muscles, improves circulation, flexibility, well being, and ability to unwind.

Deep Tissue Massage*

Concentrates on tight muscle tissue. Addresses a deeper layer to relieve chronic or acute aches and pains.

Myofascial Release*

Addresses connective tissue, helping eliminate fascial restrictions that bind, causing chronic issues.

Reiki

Traditional Usui method of natural healing. Helps release blocked energy and align chakras. Relaxing, grounding, gentle, yet powerful on many levels.

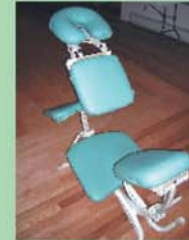
Reflexology

Stimulates over 7,200 nerve endings in each foot, corresponding to all parts of the body. Reduces stress, improves lymph and blood circulation, detoxifies system of impurities, and improves energy flow.

*Athletes - this bodywork greatly reduces muscle soreness, as well as speeds up recovery time.

Chair Massage

Fully clothed in an ergonomically correct chair. Ideal for work situations and home or office parties. Extremely effective in preventing work related injuries such as carpal tunnel syndrome.



Studies by the Touch Research Institute in Florida show that the benefits of chair massage have quick results.

Immediately after massage sessions, the subjects experienced a change in brain waves in the direction of heightened alertness and better performance on math problems. At the end of the five week study, subjects reported reduced job stress and elevated moods. This was in addition to the usual benefits of massage -- relief of muscular tension, revitalized energy, and stronger immune system.

-Associated Bodywork & Massage Professionals



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or go to

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