



M E N U O F S E R V I C E S



Swedish (Relaxation) Massage

A general systematic massage of the soft tissues of the body to induce a state of deep relaxation. It works mainly on the muscles, ligaments, and tendons, and increases the body's blood and lymphatic circulation.

Aromatherapy

Healing essential oils compliment any of the therapeutic massages and help promote relaxation, remove impurities, or simply clear the mind. It is beneficial both through inhalation of the scent and absorption of the oil through the skin. Add \$5.

Integrative Massage

A combination of therapeutic techniques including Swedish, Deep tissue, Acupressure and Stretching tailored specifically to each individual.

Reflexology

(Hand and Foot Treatment)

Organized around a system of points on the hands and feet that are thought to correspond to the major joints and organs of the body. A soothing treatment to compliment any massage, with focused attention to your hands and feet. Exfoliation and deep moisturizing from a paraffin treatment will leave your skin feeling nourished. For paraffin, Add \$5.

Body Scrub

Enjoy this full body exfoliation formulated to dissolve dead cells and renew the skin. Your body is thoroughly exfoliated and polished with a rich moisturizer. This hydrating treatment will leave your skin smooth and soft.

Acupressure/ Trigger Point Therapy

Applies concentrated finger pressure to "trigger points" which are painful, irritated areas in muscles, to break the cycle of spasm and pain. By working on key trigger points, it is often possible to relax an entire area.

Salt Glow

A unique blend of dead sea salts and essential oils allow this therapeutic scrub to stimulate circulation and soften dry areas on the body. Designed for those who enjoy a deeper exfoliation, this treatment is invigorating and leaves your skin soft and glowing. Add \$5.

Pre-Natal Massage

Therapeutic bodywork which focuses on the special needs of the mother-to-be. Provides relaxation, relieves stress on weight-bearing joints and alleviates strain on the lower back and sciatic.

Deep Tissue Massage

Releases the chronic patterns of tension in the body through slow strokes and deep pressure on contracted areas, both by following and going across the grain to the muscles, tendons and fascia.

Sports Massage

Designed specifically for athletes or for those who are physically active. Loosens, warms, and readies muscles for intensive use. Post event massage relieves pain, prevents stiffness and returns muscle to normal posture.

Soothing Hot Stone Massage

A combination process that uses various types and sizes of stones that are either heated or cooled and then placed on the body in strategic points, or coated with oils or lotions and rubbed on the body. Chosen for their temperature, this hydrotherapy application will enhance a massage with heat, to warm and stimulate or cool to soothe the body. Depending on your needs, hot stone therapy can unlock tension deep within the muscles, relieve stress, and help to achieve total relaxation. Add \$10.

Mandy's Page

After completing four years at Lees McRae College and obtaining my Sports Medicine/Athletic Training degree in 2005, I now hold a National Certification with the National Athletic Trainers Association (NATA)/Board of Certification (BOC) Inc.

Certified Athletic Trainers are highly qualified medical professionals educated in preventing, recognizing, managing and rehabilitating injuries that result from physical activity.

I am available to assist you as an Athletic Trainer (AT) but my main focus and passion is with Massage Therapy.

I began practicing as a Massage Therapist in 2006 after completing a six month/six hundred hour extensive training program in Weaverville, NC. At The Center for Massage and Natural Health, I was offered the highest quality of education in massage therapy, bodywork and natural healing.

With my education as an Athletic Trainer and my expertise as a Massage Therapist, I hope to meet your individual needs. I am here to help relieve stress, decrease pain and enhance life.



Therapeutic Massage and Bodywork Treatment Prices:

| | |
|------------|------|
| 30 minutes | \$35 |
| 60 minutes | \$65 |
| 90 minutes | \$95 |

Series of five
60-minute treatments: \$300

Series of ten
60-minute treatments: \$550

Series also available for
30 and 90 minute massages



MONDAY-FRIDAY
9:00AM – 7:00PM

SATURDAY
9:00AM – 3:00PM

*Additional appointment times
available by request*

Gift Certificates Available

Services open to public

Mandy L. Smith, LMBT, ATC

NC License #6041
Certification # 050802007

*Mandy's Healing
Touch*

Massage and Bodywork Therapy



Relieve Stress,
Decrease Pain,
Enhance Life

Located at the YMCA of Avery County
On the campus of
Cannon Memorial Hospital

436 Hospital Drive
Linville, NC 28646

828.737.5500

828.260.4654

Public Welcome