

VISION

My vision is to give clients the power and enlightenment to restore optimal health.

STATEMENT



MISSION

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My mission is to provide compassionate care of the highest standards to all of my clients.

APPOINTMENTS &

CANCELLATIONS

I have reserved this time for you. If you need to reschedule or cancel an appointment, I request 24-hour notice.

GIFT CERTIFICATES

Gift certificates are available in any dollar amount. Prices subject to change.



Body Logics

Providing services at:

Sage View
Family Care Clinic
908 Tenth Avenue SW
Quincy, WA 98848

Massage Therapy

Body Logics



Kate Jones
LMP, NCTMB

Providing services at:

Sage View
Family Care Clinic

(509) 670-0979

for appointments

BENEFITS OF MASSAGE THERAPY

Massage is a gentle therapy that can relieve pain and, in combination with other appropriate health care measures, can help heal certain conditions and prevent their return. In some cases massage can reduce or even eliminate the need for medication or surgery. Massage is one of the best known antidotes for stress. Reducing stress gives you more energy, improves your outlook on life, and in the process, reduces your likelihood of injury and illness.

Swedish massage is relaxing and invigorating. It affects the nerves, muscles, glands, and circulation, while promoting health and well being. The main purpose of Swedish massage is to increase the oxygen flow in the blood and release toxins from the muscles.

Deep tissue massage (DTM) helps to release the chronic patterns of tension in the body and to restore structural alignment & balance by removing chronic tensions that are formed by deep muscular tension. Hot stone massage uses hot stones to warm up the tissues before massage to increase the benefits of Swedish massage and Deep tissue massage.

SERVICES OFFERED

Prices and services listed are for those performed at the Sage View Family Care Clinic. Prices include a cash discount.

60 Minute Massage -
\$60.00

90 Minute Massage -
\$90.00

60 Minute Deep Tissue Massage -
\$70.00

90 Minute Deep Tissue Massage -
\$100.00

- * Dilates Blood Vessels
- * Improves Blood Circulation
- * Replenishes Nutritive Materials
- * Reduce Heart Rate
- * Lower Pulse Rate
- * Increases Stroke Volume
- * Increases Oxygen Saturation in Blood
- * Increases Platelet Count
- * Promotes Lymph Circulation
- * Reduces Lymph Edema
- * Improves Skin Condition
- * Reduces Stress
- * Reduces Anxiety
- * Promotes Relaxation
- * Increases Dopamine Levels
- * Increases Serotonin Levels
- * Reduces Epinephrine Levels
- * Decreases Pain
- * Relieves Muscular Tension
- * Relaxes Muscles
- * Reduces Muscle Soreness and Fatigue
- * Increases Range of Motion
- * Improves Motor Skills
- * Lengthens Muscles
- * Reduces Respiration Rate
- * Strengthens Respiratory Muscles
- * Improves Pulmonary Function
- * Increases Sleep Patterns
- * Promotes Faster Healing Times After Surgeries

Some insurances accepted and will be billed at the regular rate.

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