



Rent our spacious and modern ballroom for your next party or event!



Call for our affordable pricing!

Ballroom Dance

Featuring Expert Instruction by...

Marilyn Valentino

Dancing builds confidence and poise, plus *it's a lot of fun!*

YOU can learn to dance!

Learn Foxtrot, Waltz, Rhumba, Cha-Cha, Salsa, or Swing. We also teach Line Dance!

Getting Married? Have your wedding dance professionally choreographed!

Schedule YOUR group for ANY of our Dance Services!

GROUP CLASSES

6 or more people\$10 per person

3 to 5 people\$15 per person

1 or 2 people is considered a private lesson and charged as such.

Private Lessons

Individual Lessons \$55

Package of 6 Lessons..... \$300

Package of 10 Lessons..... \$450

Group Classes & Private Dance Lessons are by appointment. Classes are 50 minutes in length.

Check with your physician before beginning any new physical activity to make sure you are not at any health risk.

Massage Service Prices...

Any massage may be custom tailored focusing on your needs.

Swedish Massage

30/45/60/90 min.....\$35/50/65/90

Package of 4/6, 30 min \$126/185

Package of 4/6, 60 min \$234/343

Couples Massage1 Hr / \$140

A relaxing massage in our couples room for you and your loved one. Includes a gift as a memento of the occasion.

Therapeutic or Deep Tissue Massage

30/45/60/90 min \$40/55/72/99

Package of 4/6, 30 min \$140/200

Package of 4/6, 60 min \$260/375

Pregnancy Massage.....1 Hr / \$70

European Stone Massage

60/90 min..... \$80/120

Stone Sampler added to any massage\$10

Chair Massage \$1/min

On-Site Chair Massage\$1.20/min

Minimum \$80, within 10 miles.

Soothing Foot Massage..... \$35

Includes a foot bath and exfoliating foot scrub followed by a relaxing foot massage

Most services can be provided on site at an additional charge for mileage. There is an \$80 minimum.

Ohio Sales Tax applies to all Services.

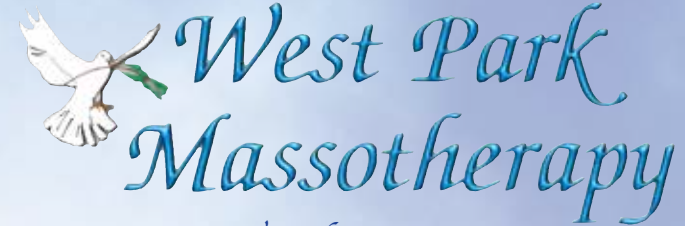
Senior Discounts & Gift Certificates Available!

Come in for your 10% Birthday Discount!

Major Credit Cards Accepted • BWC Provider

E-mail: info@westparkmassotherapy.com

West Park Massotherapy accepts clients by appointment only: Tuesday through Saturday



Touching Lives...



Massage
Therapy and
Holistic Services
by Licensed
Professionals

you can trust!

Phone: (216) 671-6080

4168 Rocky River Drive
Cleveland, OH 44135

www.westparkmassotherapy.com

Licensed by the Medical Board
of the State of Ohio



West Park Massotherapy founder Marilyn Valentino, LMT welcomes you and your family.

*Massage...
...and More!*



West Park Massotherapy provides massage in a warm and comfortable family friendly environment.



Your massage experience will be enhanced by soft music and subdued lighting in the comfort of our peaceful and inviting treatment rooms.



Enjoy a refreshing chair massage for only \$1 per minute!



member

The Healthy Benefit of Massage

The first thing we do when we feel pain anywhere in our bodies is to grab it and rub it; our primal ancestors surely did the same, long before they figured out which herbs to ingest. Virtually every advanced civilization since the dawn of recorded history has utilized massage therapy.

Massage therapy is a powerful healing tool when included in a forward thinking holistic approach to total health. Massage therapy is a time honored method of both treating and preventing a large category of the stress induced pain and tension that so frequently accompanies modern life.

About Massage Therapy

Massage therapy is based on the fact that the soft tissues — muscles, tendons, ligaments and fascia — respond to touch.

Many common aches and pains associated with the activity of daily life is myofascial (soft-tissue) in origin. Trigger points — sensitive points in muscles which radiate or refer pain to various parts of the body — can mimic many conditions.

Muscles not only move our joints, they stabilize them, and they provide armor for the internal organs.

Massage therapy not only can address the aches and pains of daily stress, but is beneficial to the mind and spirit as well. Relaxing and letting go of stress and anxiety, even for a short period of time, has well documented healthful benefits.

Please note...

It is wise to consult a physician before receiving massage. Massage is generally safe for everyone, however, if you have recently undergone surgery, are taking certain medications, or have certain chronic illnesses, massage therapy may be contra indicated for you at this time.

At West Park Massotherapy we are Licensed Massage Therapists (LMT) which means we have years of advanced training and have passed specific criteria required by the Medical Board of the State of Ohio. Our desire is to work together with you in an effort to achieve the results you want from your massage session.

GET TO KNOW US SPECIALS!

Enjoy a 20 Minute Neck and Shoulder Massage for only \$20!

Experience the Ultimate Treatment for your Feet! A Soothing Foot Bath & Exfoliating Foot Scrub followed by a relaxing Foot Massage for only \$30!

Above special for new clients only!

In addition to our Massage Services we also offer a carefully selected family of healthful products such as Biofreeze, Naked Bee, Physiologics, EFAC, Olbas, and Essential Oils.

Common Types of Massage

SWEDISH MASSAGE

A relaxing full body massage incorporating long, flowing strokes.

DEEP TISSUE MASSAGE

Focusing on problem areas of chronic muscle tension generally with more intense pressure.

HOT STONE THERAPY

Utilizing heated smooth river basalt stones in a traditional massage application.

PRENATAL/PREGNANCY MASSAGE

Tailored specifically to the needs of pregnant women.

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Check online for our current events and specials!

www.westparkmassotherapy.com