

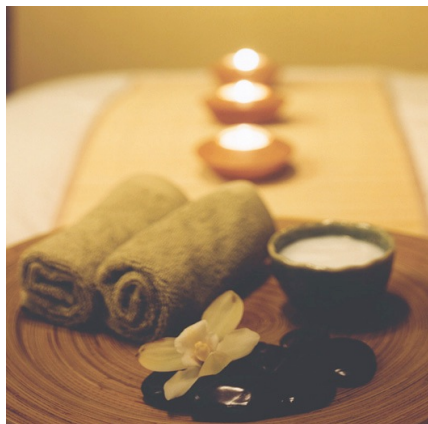
What To Expect

All sessions involve a brief but thorough discussion to ensure that clients receive a customized treatment based on individual health needs and conditions. Should massage not be beneficial to your condition or is specifically contraindicated, we will promptly inform you and no charge will be incurred.

Once the discussion is completed you will be given privacy to disrobe to the level of your comfort. Breasts and genitals always remain covered during the session. The gluteals (buttocks) are typically addressed through the sheet but may be briefly undraped for condition-specific issues only with prior client consent.

Confidential sessions are held in a private, sanitary, safe, and aesthetic therapeutic setting to facilitate optimum results.

Our practice welcomes those new to massage and we will work to ensure your comfort.



24 hr. online scheduling:
www.TouchOfSerenityNC.com













Philosophy

Bringing relief, relaxation and a touch of serenity...one client at a time.

Whether prior to, during, or after your appointment, Touch of Serenity strives to ensure your entire therapeutic massage experience is one that is inviting, nurturing and effective. If for some reason, the session does not live up to your expectations, please let us know.

We promise to listen to both your words and your body to facilitate your innate ability to heal.

Customized sessions employ at least one of the following massage modalities or tools:

- | | |
|--|---|
|  Swedish Massage |  Prenatal Massage, incl help to induce |
|  Deep Tissue |  Active Release Tech |
|  Sports Massage |  Neuromuscular-based Therapy |
|  Hot Stone Massage |  (pain management) |
|  Myofascial Release |  Fertility Massage |
|  Trigger Point | |
|  Chair massage | |

Touch of Serenity aims to the highest standards of health, safety, and professionalism in serving our clients and representing the industry. We will never claim any benefits that are not supported by reputable research. Our continued learning and education helps us keep pace with the latest standards and techniques.

All services provided by NC Licensed Massage and Bodywork Therapists. Ruth E. Spaulding, owner and NC Licensed Massage and Bodywork Therapist #11687.



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Touch of Serenity
Massage Therapy



**1901 B Ashwood Court
Greensboro, NC 27455**
(easily accessible from I-840
Lawndale Drive exit 8 and
near The Fresh Market)

336.327.2915

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Gift Certificates

Give the *Touch of Serenity*...
gift certificates available for all
occasions or...for no reason at all!



Onsite

Host an onsite corporate, community, or
fundraising massage event. Call
336.327.2915 for details.

Outcalls to your location available for
established clients with additional travel fee.
Chair or table massage. 20% gratuity added.

Also available for **speaking** engagements.
Call us!

Stay In Touch

Look for **the latest information** when
you sign up for our electronic newsletter by
emailing info@TouchOfSerenityNC.com or "like"
us on Facebook: www.facebook.com/TouchOfSerenityNC

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Services

Touch of Serenity, traditional *Swedish*
massage, fully relaxes the body
and mind, while lifting the spirit.
Perfect for relieving muscle
tension and life's daily stresses.



Touch of Recovery, a customized session
employing multiple massage and
bodywork modalities and tools, using
slower, intentional concentration to
target specific issues. Never painful,
this treatment complements the body's
own ability to heal.



The Feminine Touch, addresses the full
spectrum of women's issues including
relief from menstrual cramps and PMS,
along with the changes associated with
pregnancy including labor induction
massage, postpartum, and peri- and
post-menopausal symptoms. Fertility
massage is



Sports Massage, for athletes of all levels.
Incorporates massage and
stretching. Helps speed recovery,
prevent injuries, and boost
performance.



Other Modalities: deep tissue, trigger point
therapy, myofascial release and fascial
work, reflexology/foot massage,
neuromuscular-based therapy and
Active Release Technique (pain
management), stretching, hot stones*,
chair massage, and more.



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Pricing

½ hour session	\$50
Package of 5 sessions	\$225
¾ hour session	\$75
Package of 5 sessions	\$350
1 hour session *	\$90
Package of 5 sessions *	\$425
1¼ hour session *	\$115
Package of 5 sessions *	\$550
1½ hour session *	\$135
Package of 5 sessions *	\$650
2 hour session *	\$175
Package of 5 sessions *	\$850

*Waiting List available. 24 hour notice is required to cancel
or you may be charged in full. If late, your session will end
as originally booked, unless time permits, and the session
will be charged in full. Payment due at time of services.
Prices listed subject to change. * Up-charge for Hot Stone
Massage.*



Hours

By Appointment Only

Book online at www.TouchOfSerenityNC.com
or call **336.327.2915**.

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