

GIFT CERTIFICATES

ARE AVAILABLE

Call Extension 646 for information



IRINA KALEEVA L.M.T.

Trained in physiotherapy and gymnastics.
Coached gymnastics, aerobics and fitness.
Practicing Massage Therapist for over 17
years.



Everyone could use
a massage..!

Make this part of
your Vacation.



RELAX

MASSAGE THERAPY



THE COVE AT YARMOUTH

183 ROUTE 28
WEST YARMOUTH, MA 02673
BY APPOINTMENT
508-771-3666
EXT. 646



WHO NEEDS A MASSAGE?

Massage creates a sense of being nurtured and cared for. Massage helps us become more aware of our bodies and the feelings we value.

Many sports and fitness enthusiasts as well as professional athletes use massage as a regular and important part of their regimen.

Massage works with the muscles, bones and joints. It improves circulation releases tension & fatigue and increases range of motion. It's effective in stress relief by lowering heart rate, slowing breathing and initiating the relaxation response while calming the body and mind.



A Massage to Remember

SPA SERVICES

Over the years we have found that our "Combination Massage" is everyone's favorite massage.

COMBINATION MASSAGE

Is part "Swedish Massage" a gentle style massage that improves circulation, relieves tension in the muscle groups, and improves flexibility and range of motion.

Part "Deep Tissue Massage" a firmer style massage that relieves deep muscular tension, improves flexibility, relieves chronic pain, aids rehabilitation, and breaks down scar tissue.

Part "Reflexology Massage" a gentle pressure applied to pressure points to relieve tension in specific areas.

Finally, part "Reiki Massage" a massage that heals on many levels including physically, mentally, emotionally, and spiritually. Derived from two Japanese words REI meaning "universal life force" and KI meaning "CHI" or "life force energy. This natural healing balances and energizes the life force energy around and within us.

**ENJOY A WONDERFUL
RELAXING EXPERIENCE!**

AVAILABLE FOR MEMBERS & GUESTS

Combination:

Includes: Aromatherapy & mini facial.

60 minutes \$65.00

30 minutes \$45.00

Deep Tissue:

Wonderful, for pain relief treatment.

60 minutes \$65.00

30 minutes \$45.00

Prenatal/Pregnancy:

A safe gentle, relaxing massage for baby and you.

60 minutes \$65.00

For Children: (13 and under)

Even kids like a massage.

50 minutes \$45.00

Reflexology:

By applying pressure to the FEET using specific hand and finger techniques, reflexology can help to reduce tension and stress to bring about relaxation and improve general well being.

30 minutes \$35.00