



## APPOINTMENT TIMES

- Friday
  - 9:00, 10:15, 11:45, 1:15
- Friday Night
  - 5:30, 6:45, 8:00, 9:15
- Saturday
  - 9:00, 10:15, 11:45, 1:15

## GIFT CERTIFICATES

Gift Certificates are available for service in any dollar amount.

Expired Gift Certificates for Student Massage/Spa services are subject to a \$15.00 late fee up to six months after the expiration date. **Gift certificates that have been expired longer than six months will not be accepted.**

## MSBM'S MASSAGE POLICY

Your appointment is scheduled 15 minutes prior to prepare you for your service and relax. Please understand that late arrivals will not receive an extension of scheduled treatments.

**Appointments:** A credit/debit card or gift certificate number is required to book your appointment for all massage services.

**Cancellation Policy:** We appreciate 24 hours notice of cancellation for all services. **Cancellations or no shows within 12 hours will incur a 100% charge.**

**Loss or Damage:** We regret that we cannot be responsible for any loss or damage of personal articles. Please keep all valuables with you at all times during your visit.

# Montgomery School of Bodywork & Massage



## Student Clinic Service Menu



5729 Carmichael Parkway  
Montgomery, AL 36117  
Phone: 334.270.9340  
Fax: 334.270.9341  
info@onesimpletouch.com  
<http://www.onesimpletouch.com>

## MASSAGE \$30.00

### **Therapeutic Massage**

A relaxing massage using a variety of techniques to soothe tight and aching muscles, release toxins, and increase oxygen flow in the blood. Pressure will range from light to medium.

### **Aromatherapy**

Choose from one of the relaxing essential oils designed especially for you. They are applied to the body for stress relief and purification. This unique massage soothes the body and calms the mind.

### **Pregnancy**

Designed to alleviate leg, hip and lower back pressure caused by the body's normal adjustments to pregnancy, aiding the circulatory and lymphatic systems, reducing swelling and bringing comfort and relaxation.

### **Reflexology**

Pressure point therapy on the feet helps to balance the body and stimulate circulation.

### **Couples Massage - \$60.00**

Nestled side by side, a couple can get a massage in our main bodywork room.



## BENEFITS OF MASSAGE THERAPY

At MSBM, we promote regular massage therapy as being part of a healthy, balanced lifestyle. Including massage sessions in your health and wellness plan can:

- Relieve low-back pain and increase range of motion
- Increase joint flexibility
- Reduce delayed onset muscle soreness (DOMS)
- Relax and soften overused or injured muscles
- Stretch and help restore weak muscles
- Improve circulation
- Reduce fatigue
- Decrease anxiety
- Boost immunity by stimulating lymph flow
- Relieve headache pain
- Improve sleep quality

## ONLINE APPOINTMENTS

For the convenience of our patrons, we have made online appointments available to you! Simply go to [www.onesimpletouch.genbook.com](http://www.onesimpletouch.genbook.com) and choose the "Student Clinic" option. Our system allows you to pick the time, the service, and even the \*therapist you want. As always, if you prefer to schedule your appointment over the phone, or if you have any questions, you can call our office at 334.270.9340.

\*Our students are on a rotating schedule, and therefore may be unavailable at certain times.