

**What makes AHS** a "**cut-above**" the average is our ability, to work specifically with you. If you were to come to us struggling with a shoulder injury, your one hour "table-time" massage would address your shoulder area (Joint, Muscles, Ligaments & Tendons) bringing "fresh" oxygen, blood into the injured area, flushing out toxins and acids which have accumulated and contributing to your suffering and pain. We would also institute with you a "home-treatment" that you would be asked to do, to aid your recovery between your massage appointments. Usually, depending on the severity of your injuries, we can make a difference in your condition in two to three sessions; once in a while more are needed depending on your injury.

After our initial treatments, a massage "maintenance" schedule would be set up for you. Usually this would be a monthly visit, designed to keep your injury area and body, refreshed and support your rehabilitation.

Some of our clients come to us to "just relax", to relieve the stresses in your body brought about by our busy hectic lifestyles. This is a real benefit for our clients, during these massage sessions, we incorporate Aromatherapy, Reiki and Reflexology to enhance your relaxation also you are taught special breathing, and stretches that you can do during your work day, or at home to help you to relax in-between massage visits.

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Massage Web Page!**