



The Feel Better Lounge

Stretch Therapy

FLEXIBILITY IS NOT JUST FOR ATHLETES - STRETCH THERAPY BENEFITS EVERY BODY!



What is it? Stretch therapy is a form of assisted exercise focusing on deliberate contraction and stretching of a specific muscle or tendon. We start your session with moist heat to relax your muscles and make the process more effective and enjoyable.

Why do it? Targeted stretching improves flexibility and joint mobility and may also help to alleviate muscular pain. The result is often a feeling of improved muscle control, relaxation, and increased range of motion.

Pricing:

30 minute session	\$50.00
5 pack of sessions	\$225.00
10 pack of sessions	\$400.00

To schedule a Stretch Therapy session,

call 804-249-8888 x1009 today.

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www.feelbetterrva.com