

# Brown Bag Massage™

Westerville: 10 Huber Village Westerville, OH 43081

Dublin: 7420 Sawmill Road Columbus, OH 43235

**(614) BACK-RUB**  
**(614) 222-5782**



**60 Minute Massage**  
**Only \$39**

[www.brownbagmassage.com](http://www.brownbagmassage.com)

**Regular Massage:** Our massage sessions are customized to fit the unique needs of each individual client. You may receive a variety of modalities during your massage including Swedish (relaxation), Deep Tissue, NMT (Neuromuscular Therapy), Reflexology, and many others.

**Pre-Natal:** Pre-Natal Massage is a form of massage that is geared to meet the unique needs of the pregnant client. Promoting better function of muscles and joints, Pre-Natal massage also improves circulation and overall body tone. This specialized form of massage decreases mental and physical fatigue as well.

**Sports:** The main purpose of sports massage therapy is to help alleviate the stress and tension that builds up in the body's soft tissues during physical activity. Where minor injuries and lesions occur, due to overexertion and/or overuse, massage can break them down quickly and effectively.

**Reflexology:** Reflexology is a precise form of massage performed on the feet in order to produce health benefits throughout the entire body. Reflexology uses specific pressure points in the feet to improve circulation and help the body balance itself.

## Prices

### First Visit

60 minutes \$39.00  
90 minutes \$66.50

### Second and Subsequent Visits

60 minutes \$55.00  
90 minutes \$82.50

### "Buy Five Get One Free" Packages

60 Minute Package: \$275.00  
90 Minute Package: \$412.50

GIFT CERTIFICATES ARE AVAILABLE FOR ALL SERVICES

All major credit cards and personal checks are welcome

## Hours

Day	Westerville		Dublin	
	First Appt	Last Appt	First Appt	Last Appt
Mon	1:15 pm	7:30 pm		
Tue	1:15 pm	7:30 pm		
Wed	10:45 am	7:30 pm	10:45 am	7:30 pm
Thu	10:45 am	7:30 pm	10:45 am	7:30 pm
Fri	10:45 am	5:00 pm	10:45 am	5:00 pm
Sat	10:45 am	2:30 pm	10:45 am	2:30 pm
Sun			12:00 pm	3:45 pm

Our Lobby opens at  
12PM on Mon / Tue  
10AM Wed thru Sat  
11AM Sun

**Chair Massage:** Using an ergonomically designed chair, and sessions 10 – 20 minutes long, chair massage is quickly gaining popularity in corporate settings as part of employee wellness programs or even during events such as meetings or office parties as it requires little space and the recipient remains fully clothed.

**\$65 per hour per therapist. Two hour minimum per therapist.**