

Voted "Best Day Spa" in San Diego



*Beauty Klinik*  
AROMATHERAPY DAY SPA  
& WELLNESS CENTER

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## What is Massage?

Massage is a form of communication in a silent speech of the hands of the therapist to the body of the client. A gentle signal to tell the body that it is okay for the body to relax the muscles, tendons and skin, release stress from the body and mind and reform the posture and shape of the body.

Massage is more than skin deep. Massage is an integral part of stress management. Dr. Deepak Chopra has proven in clinical testing that by stroking the skin, a shower of endorphins are released from the skin into the system. This rush of endorphins strengthens the lymph and immune system and normalizes blood pressure.

Massage is performed in a quiet, gentle and safe atmosphere where trust and a nurturing attitude is developed between the client and therapist. All of our massage therapists have well over 1,000 hours of training. We have over 25 different massage therapies to choose from. You are not spoiling yourself when you receive a massage, you are taking care of yourself.



## What Can Therapeutic Massage Do for Me?

### Physical Benefits:

- Releases tight muscles caused by mental, emotional and physical stress
- Lessens inflammation and swelling in joints thereby reducing pain
- Improves muscle tone and helps prevent or delay muscular atrophy from forced inactivity
- Strengthens and restructures connective tissue after injuries
- Can help to prevent sports injuries by working to strengthen certain muscle groups

### De-Toxifying Benefits:

- Acts as a "mechanical cleanser" pushing along lymph and hastening the elimination of wastes and toxic debris
- Promotes increased perspiration facilitating removal of toxins and helps remove dry skin, especially after exfoliation

### Physiological Benefits:

- Dilates blood vessels improving the circulation and relieving congestion, thus increasing nutrition to the tissues
- Releases endorphins from the skin into the body which strengthens the lymph and immune system and normalizes blood pressure

### Psychological/Emotional Benefits:

- Helps the flow of "chi" (vital energy) throughout the body to create balance and harmony.
- Releases old muscular tension patterns and re-programs the body to release trapped emotions and re-awaken the spirit.
- Calms & soothes the emotions & promotes a feeling of inner peace



Ask Us How You Can  
**SAVE 30%**  
On Your Next Massage!

*A regular massage program is vital to a healthy mind and body*