



50% of Americans
are **WORRIED**
about their
HEALTH

70% of Americans say
they are **STRESSED**
about **WORK**

40% of Americans
say they lie **AWAKE** at night
because of **STRESS**

Where Do You See Yourself?

STRESS By the Numbers - Dr Oz - AARP Magazine Sept/Oct 2011

Life4orceTouch.com
(267) 253-0197

Your customized session consists of Deep Tissue

Swedish Massage infused with Myofascial Release, Shiatsu and Reiki including your hands and feet with Aromatherapy in a candlelit surrounding all on a warmed table.

Regular Massage Benefits

Deepens Recuperative Sleep
Reduces in Muscle Strain/Pain
Lowers Blood Pressure
Reduces STRESS Hormones and Anxiety

Promotes Positive Self Image - Better Choices
Improves Circulation/Energy Levels
Boosts Immune System

Regular Massage is **AFFORDABLE** with Life4orceTouch

- SAVE \$25 Off Your Initial 90-minute Massage
- Client Referral Program SAVES You 50%
- Gift Certificates SAVES You 50%
- Health Plan Reimbursements

About Life4orceTouch

Nationally Board Certified full-time Therapist
Yelp.com Client Reviews – 33
6 Years Experience

E-mail: Frank@Life4orceTouch.com

(267) 253-0197

Studio or Out-Call Appts

Professional Affiliations
Individually Owned/Operated

Services

60-Minute Session \$85 / 90-Minute Session \$125
90-Minute Full Body Hot Stone Massage \$165