

Rates

20 minute chair massage is \$20

30 minute table session is \$30

w/ focus on specific area of body

60 minute table session is \$60 and

90 minute table session is \$90

w/ focus on full body

Out-call massage in a client's home is \$90

for a 60 minute session.

Pre-pay for 5 sessions and
receive the 6th one for free.

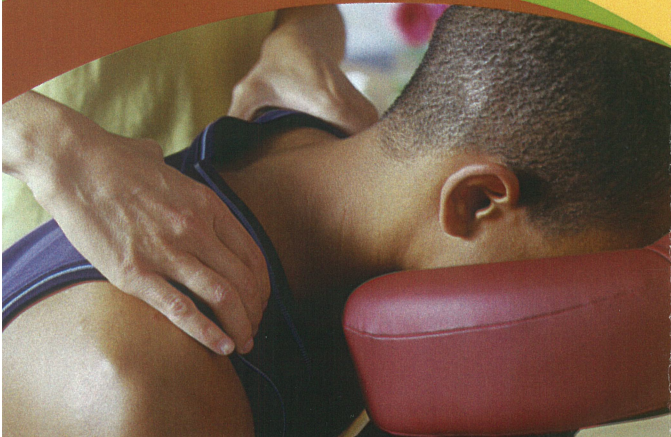
Gift Certificates Available

Please give 24 hour notice if canceling or
rescheduling your appointment.

(336) 312-1060

Cash or Check accepted

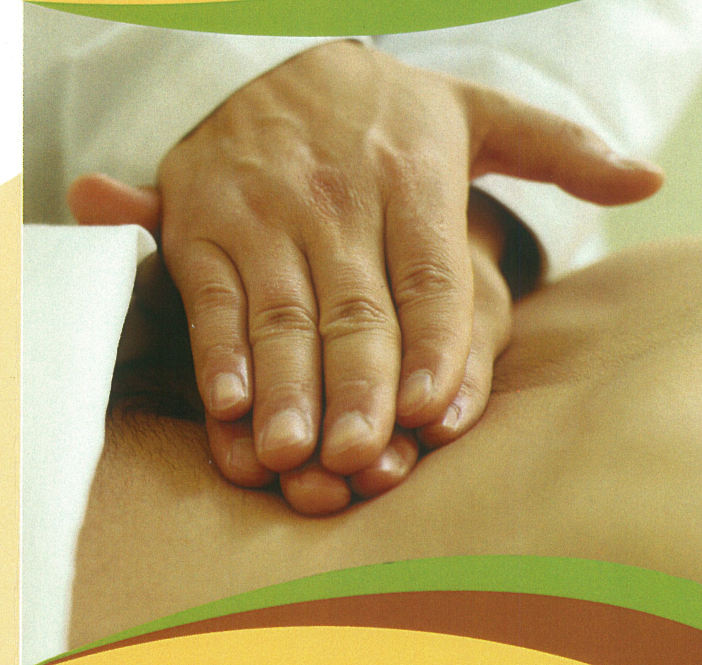
All services rendered to a client are
charged directly to that client and
they are responsible for payment at
the end of the session.



Lindley Park Massage Therapy

*Where Your
Life Experience Counts*

*Conveniently Located
2419 Wright Ave
Greensboro, NC 27403*



By Appointment Only

(336) 312-1060

Scott MacMillan LMBT #7561

Benefits of Massage

Improve Range of Motion
Increase Flexibility
Improve Circulation

Help athletes of any level
prepare for, and recover from
strenuous workouts

Release endorphines,
amino acids that work as the
body's natural pain killer

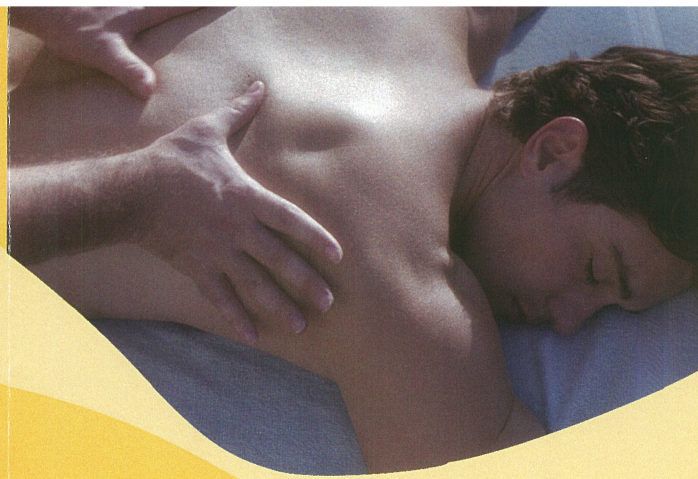
Lessen Depression & Anxiety

Bio:

Scott MacMillan is a long time
resident of Lindley Park.
He is a UNCG alumnus.

He is a self-employed
gardener who believes in the
benefits of human touch
created through
therapeutic massage.

He is a graduate of
Body Therapy Institute
located in Chatham County,
NC.



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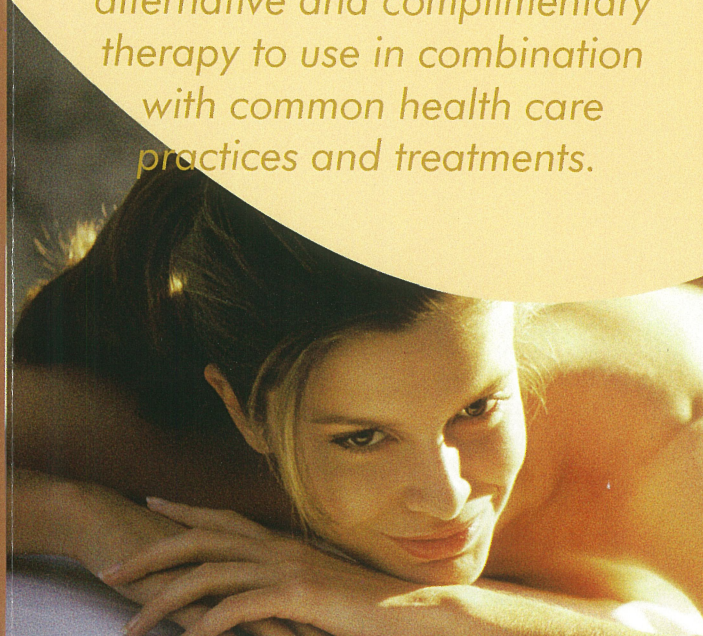
Mornings: Mon-Wed-Fri 8am to 12pm

Evenings: Mon-Tue-Wed-Thu 7:30pm

Some Saturday Availability

Intention:

*To provide massage as an
alternative and complimentary
therapy to use in combination
with common health care
practices and treatments.*



Types of Massage

Swedish:

A systematic massage of
the soft tissues of the body
to induce a state of
deep relaxation
that will energize you.

Deep Tissue:

Releases chronic patterns
of tension in the body
through slow strokes and
deep pressure, both by
following and going across
the grain of your muscles.
Excellent remedy for
chronic muscle pain.

Chair Massage:

Keep your clothes on
and rest comfortably
in a specially designed chair
for a 20 minute massage
on your shoulders, back,
neck and head, arms and hands.
Come on you've got time!

Located within minutes of
Wendover Avenue,
Friendly Shopping Center,
Downtown and UNCG.