

Comfort Therapy

IN HOME MASSAGE THERAPY SERVICES



Elizabeth Gladstone

LICENSED MASSAGE THERAPIST
NC # 7643

(336) 971-4996

(828) 264-2926

BY APPOINTMENT

Massage Services

•BASIC SWEDISH MASSAGE
Classic Relaxation strokes

1 Hr.....\$80.00
1^{1/2} Hr...\$110.00

•DEEP TISSUE
*For those who like more pressure
and specific work*

1 Hr.....\$90.00
1^{1/2} Hr...\$120.00

•TRIGGER POINT
*Targets specific areas of
hypertonicity (knots) in
muscle tissue with sustained
compression techniques*

1 Hr.....\$90.00
1^{1/2} Hr...\$120.00

•AROMATHERAPY
*Using aromatic oils for relaxation
through scent and massage*

1 Hr.....\$90.00
1^{1/2} Hr...\$120.00

•SHIATSU
*Ancient Chinese Therapy, done on
the floor with a focus on balancing
Qi energy*

1 Hr.....\$80.00