

Overwhelming Evidence

How can massage improve your health? Experts estimate that upwards of 90% of disease is stress related. And perhaps nothing can age us faster, internally and externally, than high stress. While eliminating anxiety and pressure altogether in this fast-paced world may be idealistic, massage can, without a doubt, help manage stress.

The emotional balance that bodywork provides can often be just as vital and valuable as the more tangible physical benefits. Research continues to show the emotional benefits of touch - which range from treating chronic diseases, neurological disorders and injuries, to alleviating the tensions of modern lifestyles. No longer is massage a luxury. Instead, it's fast becoming a necessity to maintaining good health and optimal performance.

Massage Therapy Can:

- Reduce stress
- Relieve migraines
- Enhance pre and post workout
- Improve range of motion
- Reduce muscle cramping and spasms
- Lower blood pressure
- Increase circulation
- Reduce cold and sinus symptoms
- Reduce post-surgical scar tissue

An hour on the massage table can help fight pain, boost immunity, sleep better, and so much more. At BREAKTHRU we are committed to our clients' overall health and fitness goals while creating an extraordinary experience worth RAVING about!



MEDFORD

856.396.2250

200 Tuckerton Road, Suite 17
Medford, NJ 08055

VOORHEES

856.346.0526

701 Cooper Road, Suite 12
Voorhees, NJ 08043

MOORESTOWN

856.722.1044

1273 North Church Street, Suite 100
Moorestown, NJ 08057



What's Stressing You?
breakthrumassage.com

Massage Therapy



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BREAKTHRU Massages

Signature Massage

A unique blend of relaxing, light to medium Swedish Massage strokes. Perfect for soothing tired muscles and also stimulating circulation.

Sports Massage

A special form of massage that is typically used before or after athletic events. The purpose of the massage is to prepare the athlete for peak performance, to drain away fatigue, relieve swelling, reduce muscle tension, promote flexibility and prevent injuries.

Pre-Natal Massage

Swedish Massage to release tension and stress. Focuses on relaxation and wellness for both Mom and baby. An excellent stress release for the expectant Mom!

Deep Tissue Massage

Designed for individuals wanting a more detailed treatment; working on specific muscle groups to aid in joint mobility and flush metabolic waste from muscle tissue.

Hot Stone Massage

Smooth, heated basalt stones are incorporated into a relaxing massage, improving blood and lymph circulation, and reducing physical and mental fatigue.

Chair Massage

Focuses on the head, neck, back and shoulders, and typically performed in 15 minute increments. Clients are fully clothed and are positioned in a chair specifically designed to allow the therapist easy access to major muscles areas.

Stress Express (30 minute Signature Massage)

30 minute massage focuses on the head, neck, back and shoulders. Light to medium pressure combined with mild stretching provides relief from everyday stress. Perfect for those on the go.

Harmony Club Massage Membership \$55 per month

- \$25.00 one-time enrollment fee
- Billing via credit card or bank EFT for one prepaid massage per month (minimum 6 month commitment)
- Enjoy any additional signature massages for the same price
- Add-ons and upgrades are available

Pre-Paid Massage—Single Sessions

Session Length	Breakthru Member*	Non-Member
30 minutes	\$38.00	\$42.00
60 minutes	\$63.00	\$70.00
90 minutes	\$95.00	\$105.00
120 minutes	\$126.00	\$140.00

Prepaid Massage—Package of 3

Session Length	Breakthru Member*	Non-Member
30 minutes	\$107.00	\$113.00
60 minutes	\$179.00	\$189.00
90 minutes	\$269.00	\$284.00
120 minutes	\$340.00	\$378.00

*Member is an active Breakthru physical therapy patient, a fitness member, an active training client, or a regular fitness class attendee.

Upgrades

All Massages Can Be Upgraded

Sports	\$10.00	Deep Tissue	\$15.00
Pre-Natal	\$10.00	Hot Stone	\$30.00

Medical Based Massage

Medical based massage treats acute or chronic pain caused by a strain, sprain, injury, stress or tension. It also minimizes discomfort and increases flexibility and blood circulation, while it improves posture, energy, and vitality by addressing specific involved muscles, tendons, soft tissue and ligaments.

It is designed to give specific attention to particular areas of the body as a means of restoring the muscle to a natural, functioning state. Medical based massage helps prevent future chronic pain conditions by effectively treating and eliminating the cause of the problem. Therapeutic massage sessions are often performed in conjunction with Physical Therapy.



Medical Based Massage Pricing

Session Length	Breakthru Member*	Non-Member
15 minutes	\$20.00	\$25.00

Purchase additional 15 minute blocks to determine your total massage minutes.

Chair Massages*

\$1.00 per minute

*Corporate chair massages are also available.

Please Note:

Massage therapy prices do not include sales tax and gratuity.