

Gift Certificates

are available

Call Extension 646 for information



Irina Kaleeva L.M.T.

Trained in physiotherapy and gymnastics.
Coached gymnastics, aerobics and fitness.

Practicing Massage Therapist
for over 20 years.



Everyone could use
a massage..!

Make this part of
your Vacation.



Relax



Massage Therapy



The Cove At Yarmouth

183 Route 28
West Yarmouth, MA 02673

By Appointment

508-771-3666

Ext. 646

A Massage to Remember

Spa Services Available for Members & Guests

Why get a Massage?

Massage is unique in that it provides stimulation through touch. Massage creates a sense of well being. When muscles are stressed they block oxygen and nutrients, leading to inflammation that builds up toxins in the muscle tissue.

- Massage can reduce discomfort associated with neck and back pain
- Relaxes injured overused muscles and reduces cramping and spasms
- Releases the body's endorphins which aids pain relief
- Aids in increasing joint flexibility relieving arthritis discomfort
- Many athletes and fitness enthusiasts use massage as a regular and important regimen



Combination Massage *

My signature massage is customized to your specific needs. I offer therapeutic options from relaxation to Deep Tissue. Deep Tissue techniques to release muscle tension. Stretching and stimulating hand and foot acupressure massage are added to restore you from head to toe.

60 Minutes	\$85.00
30 Minutes	\$50.00
90 Minutes	\$120.00

**Add Aroma Therapy and Mini-Facial: a cleansing light massage and finish with mask \$10.00*

Reflexology (Feet)

By applying pressure to the feet using specific hand and finger techniques, reflexology can help to reduce tension and stress to bring about relaxation and improve general well being.

30 Minutes	\$40.00
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***Add an ex-foliating scrub for only \$5 !*

Hot Stone Therapy

This is the ultimate relaxation massage for both body and mind.

60 Minutes	\$85.00
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Prenatal/Pregnancy

A safe gentle, relaxing massage for baby and you.

60 minutes	\$75.00
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For Children (13 & under)

Even kids like a massage.

30 minutes	\$40.00
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**** Gift Certificates available for purchase at the Recreation Center.*

My goal is to provide you with the most effective and unique therapeutic experience!

