

A Relaxing Journey to Health

Massage Therapy Available



OUR THERAPIST

Mary Enriquez specializes in Deep Tissue, Myofascial Release and Reflexology. Mary graduated from University of the Pacific with a B.A. in Health and Exercise Sports Sciences and completed her massage training at Skyline College. Mary is certified by California Massage Therapy Council (CAMTC) and is insured by American Massage Therapy Association (AMTA).

In addition to providing massage therapy, Mary assists and instructs Health & Fitness Center clientele with their exercise programs.

Massage therapy offers many benefits:

- ✓ Relieves stress and anxiety
- ✓ Manages pain
- ✓ Increases range of motion
- ✓ Improves circulation
- ✓ Improves sleep quality
- ✓ Strengthens the immune system

We specialize in offering treatment for:

- ✓ Tension Headaches
- ✓ Muscle Tightness/Soreness
- ✓ Pain in specific areas, such as the neck and shoulder, hand and foot, upper and lower back

We provide therapeutic massage in a safe, warm and friendly environment.

We offer appointments for the following time increments: 30 min (\$30), 60 min (\$60), and 90 min (\$90).

For more information or to book an appointment, call 650-448-1472

1875 Trousdale Drive, Burlingame, CA 94010
(Corner of Marco Polo & Trousdale)

phcdfitness.org