

# Massage Therapy

## *Introducing...*

### **Heather Small**

**MA LICENSED MASSAGE THERAPIST**

**P 508.615-0960 E [heathermassagejcc@gmail.com](mailto:heathermassagejcc@gmail.com)**



For over twenty years, Heather has dedicated herself to the study and practice of massage, Ayurveda, meditation, and natural healing. What began as a curiosity about the body's remarkable ability to self-heal has grown into a lifelong journey exploring the deep interconnection of mind, body, and spirit.

Through extensive training and hands-on experience, Heather has refined her expertise in massage therapy and developed a profound understanding of both the physical and energetic systems that support well-being. Her holistic approach invites clients to experience relief, balance, and renewed vitality—helping the body return to its natural state of harmony.

Heather designs personalized sessions tailored to meet the specific needs of each client. Her aim is to alleviate stress, relieve muscle tension, and promote overall well-being through the therapeutic benefits of touch.

Whether you are in search of pain relief, enhanced mobility, or simply a tranquil moment, she offers a safe and inviting environment where you can rejuvenate both your body and mind.

### **Massage Therapy Rates**

<u>Duration</u>	<u>Member</u>	<u>Non-Member</u>
30 min	\$50	\$60
60 min	\$90	\$100
75 min	\$110	\$120
90 min	\$125	\$135



Worcester

