



Salubritation MASSAGE BED PROGRAMS

BASIC PROGRAMS		
Program 1	Warm up	Massage waves enliven body and spirit.
Program 2	Fitness	Revitalizes, enhances well-being, stimulates metabolism.
Program 3	Wave	Stimulates lymphatic flow; Reduces residual metabolites; supports detoxification, purification and deacidification; supports venous backflow.
Program 4	Sport	Good for warm-up and cool-down. Activates muscles, alleviates muscle pain and spasms, promotes faster muscle regeneration, and heals muscle soreness.
Program 5	Relax	Promotes stress reduction and overall revitalization. Activates body's natural defenses.
THERAPEUTIC PROGRAMS		
Program TH1	Relaxation	Treatment for tension headache, migraine and muscle spasms.
Program TH2	Fat Burning	Stimulates bowel active to relieve digestion problems; increases blood flow to internal organs.
Program TH3	Release Muscle Spasms	Treatment of back pain and spasms of back muscles; treatment of myogelosis.
Program TH4	Joint Mobilization	Treatment of joint pain, arthritis, rheumatism and osteoporosis.
Program TH5	Tissue Tightening	Stimulates lymphatic system, support detoxification, purification and hydration of tissues; tightens connective tissue; treats cellulite.
Program TH6	Boost Metabolism	Stimulates metabolism, treating weight gain, indigestion and swollen legs.
Program TH7	Acute Back Pain	Treatment of severe lower back pain, lumbago, sciatic nerve pain, cramps in the calves.
Program TH8	Active Sports	Good for warm-up and cool-down. Activates muscles, alleviates muscle pain and spasms, promotes faster muscle regeneration, and heals muscle soreness.
Program TH9	Deep Relaxation	Reduces stress, enhances relaxation, alleviates sleeping disorders (especially in delayed or irregular sleep phases).

SKiN ALiVE Skin Care Spa ▪ 11135 N. Wauwatosa Rd. ▪ Mequon, WI 53097 ▪ 262.242.3505

www.mtschoolofesthetics.com