



# Signature MASSAGE

## MEMBERSHIPS

Available for 60 and 90-minute sessions

### Weekly Warrior



**\$100**/60-minutes

Four 60min sessions per month  
\$400/mo, 3mo minimum  
**Save \$25 on every session**

*Reclaim your pain-free body with Weekly Warrior, the membership for those battling moderate to severe muscle tension or chronic pain. Each session targets stubborn knots and fascia restrictions, to restore lasting comfort and mobility. Save \$100 every month on consistent care that transforms how you feel and move, and keep your progress going — enjoy the same discounted rate for up to a year with biweekly or monthly maintenance sessions.*

### Biweekly Balance

**\$110**/60-minutes

Two 60min sessions per month  
\$220/mo, 6mo minimum  
**Save \$15 on every session**

*Your routine reboot for calm, comfort, and lasting relief. Stay grounded and tension-free with Biweekly Balance, perfect for busy schedules and those with mild to moderate muscle tightness. Every two weeks, give your body the attention it deserves with restorative sessions designed to melt stress, release restrictions, and maintain mobility. Enjoy a \$15 discount on every massage, keeping your self-care consistent and affordable.*



## SINGLE SESSIONS

Scalp/Neck/Jaw 30-Minutes .....	\$70
Massage 60-Minutes .....	\$125
Massage 90-Minutes .....	\$175
Massage 120-Minutes .....	\$250

## ABOUT SIGNATURE MASSAGE

*Welcome to Signature Massage, with certified massage therapist Hanna Kretzmer (#94269). Signature Massage is here for you whether you are looking for supplemental soft-tissue work to support your physical therapy treatment, or nervous system support for stress-relief and chronic tension. My goal is to customize massage sessions for your needs and work with your PT to get closer to your goals. Talk with your PT provider to discuss how massage may benefit you.*

*Chronic Pain  
Fibromyalgia  
Sciatica  
Arthritis  
Plantar Fasciitis  
Postural Support  
Knots & Muscle Tension  
Compensation Patterns  
Injury & Surgery Recovery*

*Insomnia  
Anxiety & Depression  
Nervous System Regulation  
Tension Headaches  
Jaw Pain & TMJ Disorder  
Lymphatic Drainage  
Glymphatic Drainage  
Chronic Fatigue  
Neuropathy & Circulation*

