

Massage is designed to help you relax, stimulate muscles, and release toxins from the body due to stress and lactic acid build up. Stan's Hands Massages helps you in that process.

Let Me Put My Hands on You



Stan McDonald is the hands behind Stan's Hands Massage. With over 15 years of experience as a Licensed Massage Therapist, Stan has a B.S. Degree in Business from California Polytechnic University in Pomona, California. He is a Licensed Massage Therapy Instructor teaching both hands on massage and business for massage therapists. He is helpful in loaning his hands and touch to many non-profit organizations in their fund-raising efforts.

Stan's mission from putting his hands on you is to make you feel better when you leave his massage studio than when you arrived.

Stan's Rates

Stan's Hands Massages Services Include:

Chair Massage - From a minimum of five minutes to a recommended thirty minutes, chair massage is designed to provide the body with quick maintenance in lieu of or until you can receive a full-body massage. Given on an ergonomic chair, chair massage provides relief of muscle tension in the neck, shoulders, back, arms and scalp.

**\$85-95 an hour starting in or out of studio
(Designed for office or work environment)**

Reflexology - $\frac{1}{2}$ hour massage of the hands and feet. The hands and feet represent the vital internal organs of the body and it helps to stimulate these organs and help them function the way they should function. Fifteen minutes spent on the hands and fifteen on the feet.

\$45 for $\frac{1}{2}$ hr, or \$55 for an hour

Swedish/Therapeutic - 1 hour full-body massage. Both the Swedish and Therapeutic massages are designed to help you relax. These massages provide you with sedating effects and gentle, but firm pressure to help with the mind, body and spirit. With soft relaxing music these massages take you away from the daily grind.

\$70 for 1 hr, or \$110 for 90 min.



Sports/Deep Tissue - 1 hour full-body massage. The sports and deep tissue massages, given mostly to athletes or those with really tight muscles who might work-out everyday or unusually active individuals, involves the relaxation of muscles with deep muscle work and stretching for increased flexibility and range of motion. It also incorporates deep breathing exercises to allow for deeper work and relaxation of tension in the muscles.

\$90 for 1 hour, or \$130 for 90 min.

Hot Stone Massage - a recommended 90 minute full-body massage. Hot Stone Massage can be traced to the Japanese, Native American, Greek and Roman cultures. Stones are immersed in heated water to warm them and lubricant is used with them to massage the body. The stones are placed on or under the body to allow heat to radiate into the muscles. I recommend a 90- minute session for \$130.00 to enjoy the full benefits of this relaxing experience.

Stan's Hands does both in studio and out calls at your home, hotel or place of business. (Ask about outcall rates.)

By Appointment

832-526-6520

stanshands2000@yahoo.com

(Located in Montrose Area)

(Please note that all rates are subject to change; therefore please confirm when you make your appointment)

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RMT #029219

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HOT STONE
SWEDISH
REFLEXOLOGY
SPORTS MASSAGE
CHAIR MASSAGE

to: _____

amount: _____

HOT STONE SWEDISH REFLEXOLOGY
SPORTS MASSAGE CHAIR MASSAGE

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