



FRANCINE MERIOT LMT 508-525-9576

I am a MA State Licensed and Nationally Certified Massage Therapist. Practicing since 1997, I have worked in a Day Spa setting, with a Chiropractor, in private practice and On-Site at sporting and business events.

My foundation is in Swedish Massage from the New England Institute for Massage Therapy. In addition I am Certified in Sacred Stone Therapy, and have Advanced Training in Orthopedic Massage.

My education also includes courses in Aromatherapy, Cranial Sacral and Holistic Anatomy, so that I can provide effective therapeutic massage specific to your needs.

Unfurl:

To loose from a furled state; to unfold; to expand; to open or spread; as to unfurl sails; to unfurl a flag.

PRICE LIST

Therapeutic Massage

A combination of swedish, deep tissue and sports massage ... specific to your needs.

| | |
|------------|----------|
| 45 minutes | \$65.00 |
| 70 minutes | \$85.00 |
| 90 minutes | \$100.00 |

Hit the 'Spot' Massage

A 45 minute treatment to target specific areas, such as neck, shoulders or back ... it's up to you. \$65.00

Four - Spot Treatments

When purchased as a package (to be used within 30 days) ... this allows YOU the benefit of multiple massages to target a chronic area. Each treatment is 45 minutes. \$55.00 dollars in savings!! \$195.00

Heated Stone Massage

A gift of soothing warmth and relaxation that inspires a meditative state.

I - an 80 minute therapeutic massage using heated stones ONLY on the back. \$105.00

II- 100 minutes of unfurling massage which includes both the use of the hands and the stones for a full body, deeply sedative, detoxing treatment. \$125.00

Unfurl

MUSCULAR THERAPY



therapeutic massage specific to your needs

pain relief

relaxation hot stones

athletic recovery

stress reduction

chair massage

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BENEFITS OF MASSAGE

- ❖ reduces stress and symptoms caused by anxiety such as insomnia and asthma
- ❖ reduces muscle tightness and tension from chronic holding patterns or over/under use
- ❖ calms the nervous system and promotes relaxation & well being
- ❖ is a natural pain reliever by releasing endorphins (natural 'feel good' chemical)
- ❖ is beneficial in reducing migraines, high blood pressure, back pain and cramping
- ❖ increases range of motion and joint flexibility
- ❖ increases circulation to assist in reducing inflammation, helping heal injury and reduces scar tissue
- ❖ improves immune system
- ❖ promotes health by having an affect on the whole body
- ❖ reduces recovery time after strenuous workouts and aids in the prevention of injury for athletes at any level

Massage can be helpful in reducing stress and tension, as well as reducing pain and allowing pain free movement.

Common conditions such as golfers/tennis elbow as well as many shoulder, neck, low back, knee, and foot pains may be helped with regular massage.

STYLES OF MASSAGE

SWEDISH - this relaxing massage with its long fluid strokes (effleurage) and gentle rhythmic kneading (petrissage) will assist in releasing tension, deepening your breath and decreasing stress.

**A great massage for a first timer or for one fortunate enough to have no major aches.
The foundation of all massages.*

DEEP TISSUE - will help release chronic patterns of tension, tightness and overuse in muscles. With the use of slow strokes and deep pressure-- muscles, tendons and fascia are encouraged to loosen up and let go.

SPORTS - a beneficial massage for the professional or non-professional athlete, to assist in a faster recovery from overuse and post workout soreness. The use of compression, kneading and stretching techniques to increase circulation and blood flow and assist in the removal of toxins.

HEATED STONE - warming and relaxing to your core! Imagine warmed ocean stones nestled around your body, their heat encouraging your muscles to let go and unfurl. You are comforted in their warmth and transported into a meditative state.

ORTHOPEDIC - a series of assessments are used to identify site(s) of injury and treatment consists of swedish, deep, myofascial and friction therapies to reduce adhesive scar formation and increase pain free movement.

*CHAIR MASSAGE
- a special chair for massage is transported to you.
Great for work environments, health and wellness events, conferences or retreats.*



It is important to hydrate yourself 24 hours before and after your treatment for optimum results.

