

Massage
by Ashley

Monday-Friday

9 AM-5 PM

Saturday

by appointment only

Ecclesiastes: 9: 10

*Whatsoever thy hand findeth
to do, do it with thy might*

Call for appointment

828-851-1392

www.massagebyashleylovins.com



Ashley Lovins

Professional Therapeutic Massage

Located at Harkey Chiropractic

2755 North Center St

Hickory NC 28601

What are the benefits of massages therapy?

Pain relief, reduces anxiety, reduces blood pressure, enhances mental performance, releases body toxins and more!

Continuous massage effects:
Increased pain relief, helps with depression, better sleep patterns which has a role in healing, better flexibility, and even more!

When should I get a massage?

Any time is a good time to get a massage. You do not need to wait until you're stressed or injured. Massage works wonders as preventive care for a person's body and mind. Instead of waiting until your back hurts, or the headaches that start at the back of your skull begin to pound. Get a massage before these things happen.

*Guys and ladies,
You keep telling yourself and others,
"I need a massage."
Why not start saying,
"I just had a massage by Ashley!"*

My Services

☞ Swedish

A collection of techniques using long flowing strokes designed to relax the muscles and mind using an all natural herbal neck wrap, warm towels, and aromatherapy. Techniques can be modified to treat injuries and muscular related problems.

☞ DEEP Tissue

Massage applied to the deeper, core layers of the body often using the elbow as well as the usual thumb, hot stones, and fist pressure. Greater awareness is often needed to go into the deeper tissues. This massage helps with chronic pain and injury rehabilitation.

☞ Sports Massage

A special form of massage and is typically used before, during, and after athletic events. The purpose of the massage is to prepare the athlete for peak performance, to drain away fatigue, to relieve swelling, to reduce muscle tension, to promote flexibility and to prevent injuries.

☞ Prenatal Massage

A natural, touch therapy treatment aimed at alleviating pregnancy related symptoms. Techniques are safe and effective for pregnant women.

Prices and Packages

All Services:

30 Minutes- \$40.00
1 Hour- \$60.00
1.5 Hours- \$80.00
2 Hours- \$100.00

Multi-Savings Packages:

3 sessions (30 Minutes)- \$105.00
3 sessions (1 Hour)- \$165.00
3 sessions (1.5 Hours)- \$225.00

All massages include:

*warm towels
heated stones
heated gel packs
heated or cooled neck wrap*

Call and make your appointment today!

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