

We Offer:

Swedish Massage

Deep Tissue Massage

Neuromuscular Massage

Prenatal Massage

Sports Massage

Hot Stone Massage

Chair Massage

Medical Massage

*Body Treatments**

Salt Glow

Body Polish

Sugar Scrub

Miracles Glow

* Messages Can Be Added to Any Body Treatments Menu Items.

...Stressing?

Due to excessive travel, long hours and day-to-day routines for show performance percussionists, pianists, guitarists, dancers, models, actors, singers, athletes, production crew and support staff often experience common medical conditions: carpal tunnel syndrome, backaches, muscle cramps, tired legs and feet due to repetitive motion and overexertion. As a result, one is stripped of strength, stamina and energy.

De-Stress...

The exclusive massage therapy benefits to the media, sports and entertainment industry include:

- √ Reduction of mental and physical fatigue
- √ Enhances posture and alignment
- √ Increases productivity

We also offer 15-30 minute Stress Management and Stress Reduction Workshops that will help your staff and management team become more efficient and effective team players.



Presents

This media and entertainment brochure is for those in Theater, Television, Radio, Music, Dance and Sports Industry



PO Box 78047
Greensboro, NC 27427-8047
(336) 508-5799
(336)-908-4923
or
www.expressomassageworx.com

Expressooo Massageworx has therapeutic massage services that will be the ultimate experience in stress reduction and energy rejuvenation before and after your performance. Our licensed massaged therapists would be delighted to provide massage therapy during your media sponsored event.

Our Philosophy

Expressooo Massageworx is “a **wellness connection**” where “**massage works**” and as therapist, “**we knead the world and make it a less stressful place**”.

Our primary focus is to offer effective health and wellness solutions by providing on-site chair massage, therapeutic massage and body work therapy.

We consider ourselves “Portable Practitioners”. As a mobile massage unit, we offer your organization the convenience of being on-site prior, during and after your event to provide massage therapy services.



Benefits

As a proactive measure to repetitive motion injuries, overexertion, neuromas and postural pronation syndrome many organizations have utilized our services.

Massage therapy has been shown to be effective in:

- ✍ Soothing chronic back pain better than other complementary therapies.
- ✍ Decreasing the symptoms of carpal tunnel syndrome.
- ✍ Reducing headache frequency.



Did You Know...?

Top companies offer massage therapy in the workplace.

- Some companies offering massage therapy as an employee benefit include Gannett (USA Today), Texas Instruments and Yahoo!.
- Many companies have seen that massage therapy has increased productivity and reduced stress.

Resume

Expressooo Massageworx has successfully done business and established contracts with:

- Sports Illustrated On Campus
- Ebony Magazine College Tour
- Bennett college Student and Faculty “Stress Buster”
- UNC-Greensboro Student Commuter Program
- Elon University Student Stress Relief Events
- The Carolina Weddings Bridal Show
- Historically Black Colleges and University’s Kings and Queen Conference
- MEAC Basketball Tournament
- Carolina Music Festival
- Spigal Burn Foundation at World Burn Congress
- National and International Recording Artists