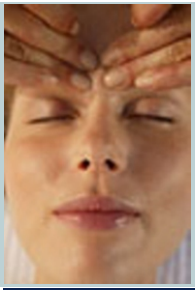


OUR PHILOSOPHY

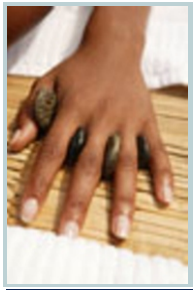


Expressooo Massageworx is “a wellness connection” where “massage works” and as therapists, “we knead the world and make it a less stressful place”.

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

We are conveniently located at the Piedmont Triad International Airport, where we provide relaxing and stress reducing upper body massages. Our techniques allow the customer to be fully clothed while receiving an “Express” massage that lasts a minimum of 5 minutes!

Expressooo’s professional team of massage therapist are also available for your on-site massage & Spa pamper events. Whether corporate or small business groups, universities, conferences, conventions, health fairs, holiday parties, bridal and birthday parties, our “Portable Practitioners” will ensure that you experience the stress melt off your body Expressooo Style!



BENEFITS OF MASSAGE THERAPY

Massage is a means by which STRESS is reduced and PRODUCTIVITY is increased. From business travelers to college students, corporate executives to homemakers - no matter your walk of life - massage can be beneficial for you! Some of the benefits of massage are:

- ♦ Relaxes muscle spasms and relieves tension.
- ♦ Dilates the blood vessels and improves circulation throughout the body.
- ♦ Helps lessen inflammation and swelling in joints.
- ♦ Acts as a mechanical cleanser by stimulating the lymph activity.
- ♦ Increases blood supply and nutrition to the muscles.
- ♦ May have a sedative, stimulating or exhausting effect on the recipient.
- ♦ Heightens tissue metabolism and increases tissue nutrition.

Many corporations use chair massage as an employee benefit. It is used as a simple cost effective way to improve employee morale, increase productivity, relieve stress, lower health care costs and show employees you care.

TESTIMONIALS

A whiplash sufferer said the following:

Approximately 26 years ago, I was in an automobile accident where I suffered from whiplash. My husband scheduled a 30 minute massage for relaxation. The result was better than physical therapy! The therapist knew how to target and get into the shoulder muscles for total relief of my back tension (stress). I am all smiles. D. Ladd, NC



A student receiving chair massage said the following: I am rejuvenated and ready to study for finals.

I don't want the massage to be over.
Elon University Student, Elon, NC

A scoliosis sufferer said the following: As someone that suffers from scoliosis and chronic musculoskeletal pain, I am stiffer and experience tired back and shoulder strain prior to the massage therapy. Afterwards, I am more relaxed, rested and have an increase in range of motion. Massage is medicine without the drugs.

Audrey Neal, RN, Durham, NC