

## About Jody Campeau

I am a graduate of St Croix Center for the Healing Arts, located in Hudson, Wi, having completed an 853 hour certification program in Massage & Bodywork.

I am a holistic oriented bodywork professional. I come from the perspective that all parts are related to, and affect, the whole. I allow an intuitive approach to my bodywork style, letting your body communicate its needs to me in a way that I can facilitate bodywork that is in your highest good.

My personal commitment as a Massage Therapist is to respect and honor each client as a unique individual, providing individualized, competent and compassionate bodywork for the benefit of promoting quality health & wellness, Body~Mind~Spirit!

I am insured by Associate Bodywork & Massage Professionals. #944849

Wisconsin License #5085-146  
Arizona License #MT-19140

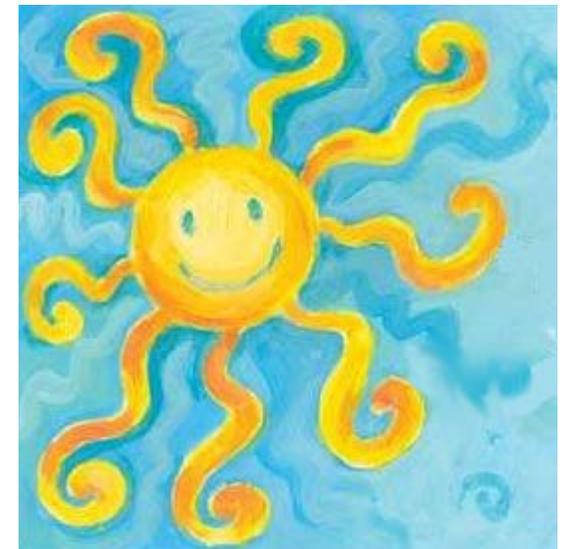
Nationally Certified in Therapeutic Massage & Bodywork. #577861-09



## Cancellation Policy

**24 hour advance notice is required when canceling an appointment.** This allows the opportunity for someone else to schedule an appointment. **If you are unable to give 24 hours advance notice you will be charged the full amount of your session.** This amount must be paid prior to your next scheduled appointment.

**If I need to cancel an appointment, I do so within 24 hours whenever possible. If an emergency arises and I cannot give 24 hours notice I will provide a 50% discount to your next session.**



# SMYLS4U

Body~Mind~Spirit

Massage & Bodywork by Jody Campeau

*"Relieving Issues In Your Tissues To Help You Smile!"*

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**(715) 222-1742**

OR

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[jody@smys4u.com](mailto:jody@smys4u.com)

## **SERVICES**

**INTEGRATIVE MASSAGE** ~ Massage tailored to your specific needs, which incorporates several techniques, such as Swedish Massage, Acupressure, Reflexology, and Trigger Point Work.

**RELAXATION & DEEP SWEDISH MASSAGE** ~ Massage using oil or lotion with light to moderate pressure. Fluid strokes and stretches release tension, promote relaxation, and increase range of motion. With **DEEP SWEDISH** the muscles are first shortened for better access of the connective tissue, and then deeper strokes are applied.

**DEEP TISSUE** ~ A deeper more specific type of massage, slower strokes and more direct pressure or friction is applied across the grain of the muscle. This massage is performed using little or no lotion, deep tissue massage 'releases' underlying connective tissue (fascia) which realigns structural imbalances and reduces chronic muscle tension. Breathing and movement techniques aid in releasing this muscular congestion. The techniques I use are Myofascial Release, Cross-fiber friction, and Trigger Point.

**HOT STONE** ~ a form of bodywork that involves the application of heated stones (Thermo Therapy) to the body within the context of a therapeutic massage. Heat Penetrates deeply, promoting profound relaxation, increased detoxification, and relief of long-standing muscular tension, stress, and fatigue.

**FOOT REFLEXOLOGY** ~ A form of therapeutic foot massage where specific pressure techniques are performed on the foot--these reflex points on the foot correspond with body parts. Since reflexology is a 'holistic healing art,' the goal is to create a balance and harmony throughout the 'whole' body

## **RATES**

### **INTEGRATIVE MASSAGE**

75 Minute Massage = \$75

90 Minute Massage = \$90

### **HOT STONE MASSAGE**

90 Minute Full Massage = \$125

Partial Stone Work 75 Minutes = \$90

Partial Stone Work 90 Minutes = \$105

### **FOOT REFLEXOLOGY**

30 Minutes = \$40

60 Minute Foot Treatment = \$60

(10 Min Foot Bath, 30 Min Reflexology,

20 Min Foot Massage)

### **PACKAGE RATES (Save 10%)**

3/75 Minute Massage = \$203

3/90 Minute Massage = \$243

### **PAYMENT INFORMATION**

Payment is due at time of service. I accept Cash & Checks. There is a \$40 fee for non-sufficient checks.

## **BENEFITS OF MASSAGE**

- *Alleviate low-back pain and improve range of motion.*
- *Enhance immunity by stimulating lymph flow- the body's natural defense system.*
- *Exercise and stretch weak, tight, or atrophied muscles.*
- *Help athletes of any level prepare for, and recover from, strenuous workouts.*
- *Improve the condition of the body's largest organ-the skin.*
- *Increase joint flexibility*
- *Lessen depression and anxiety.*
- *Pump oxygen and nutrients into tissues and vital organs, improving circulation.*
- *Reduce spasms and cramping.*
- *Relax and soften injured, tired, and overused muscles.*
- *Release endorphins- the body's natural painkiller.*
- *Relieve migraine pain.*

... AND SO MUCH MORE...

