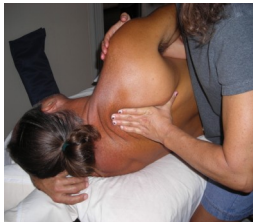


Body Benefits Massage.com

520-977-7483

18 years of experience



Mobile Massage Therapist

Available by appt only.

RATES BEFORE DISCOUNT:

\$80-\$90 /HR

\$125 FOR 90 MIN

Shawn Bates CNMT



15% off EACH treatment with Proof of Registration to 2011 El Tour at YOUR location

Be the athlete you wish to be



Body Benefits

Sports Therapist for 18+ years
Worked with MANY athletes of different sports and levels: Cycling, Swimming, Running, etc.

Phone: 520-977-7483

E-mail:

bbtherapeuticmassage@gmail.com

Website:

www.bodybenefitsmassage.com



It is our professional responsibility to provide safe and effective massage for all types of athletes. Whether you are just starting your training for the first time, a weekend warrior or a professional or semi-pro athlete, we are happy to work with you.

It might not be as obvious to you as it is clear to me that it is important to keep your body loose. You need to keep your soft tissues (muscles, joints, ligaments, etc.) loose if you want to have your muscles keep you going.

There are many aspects to training. Are you striving to achieve or maintain a certain fitness level?

Diet, Sleep and Strength are every bit as important as Endurance, Flexibility and Recovery.

My Treatments are designed to:

- support fitness
- help ↓ demands cycling places on the body
- ↑ the ability to perform at the level you want
- enhance and shorten recovery time

Add QUALITY Massage to your fitness regimen.

Massage plays a role on these body systems

- Psychological
- Structural
- Physiological

