

Feel the Benefit of Massage

I refer to my massage approach as "therapeutic" for I evaluate each client's individual needs and then customize the massage accordingly. I incorporate the different techniques and modalities I have mastered in order to give my clients the most beneficial massage possible.

I also advise clients on activities in which they can engage to relieve physical stress and strains such as stretching, alignment, ergonomics, and exercise routines.

Benefits of Therapeutic Massage:

- Enhances the immune system
- Relieves muscle tension
- Reduces stress and anxiety
- Reduces muscle soreness
- Relaxes muscle tension
- Increases athletic performance
- Reduces lactic acid build up
- Aids in sleep and reducing insomnia
- Sharpens mental clarity

Therapeutic Massage Includes:

Massage modalities...

- Sports
- Deep Tissue
- Swedish
- Trigger Point
- Energy
- Shiatsu



Massage Rates

15 minute quick massage.....	\$40.00
30 minutes.....	\$60.00
45 minutes.....	\$75.00
60 minutes.....	\$90.00
90 minutes.....	\$130.00

*Gift certificates available

*Discounted employee rates available



About Jill

Following an early career working in corporate business, Jill Kerrigan decided to pursue a different path in order to fulfill her dream to help others.

For over 15 years Jill has been providing therapeutic massage treatments to a long list of clients.

Jill is a licensed certified massage therapist, certified aerobics instructor (teaches at Rio Del Oro Racquet Club), certified personal trainer, and math tutor. She has her MBA in Finance and BS in Mathematics.



916-601-2151

jillkerrigan@hotmail.com