

Meet Lisa Fritz L.M.T.

Lisa has been practicing Massage Therapy and Reflexology for 19 years.

She graduated from the New York College of Health Professions in 1996 and offers:

- ◆ Swedish Massage
- ◆ Deep Tissue
- ◆ Trigger Point Therapy
- ◆ Raindrop Therapy
- ◆ Amma Therapy
- ◆ Reflexology
- ◆ Hot Stone Therapy

Lisa is also certified to do Pre-Natal Massage and is able to apply and teach Infant Massage.

In addition to massage, Lisa is a professional childbirth coach and is available to teach natural childbirth classes.

Available Appointments

Monday: 6 PM - 9 PM

Tuesday: 6 PM - 9 PM

Wednesday: 6 PM - 9 PM

Friday: 9:30 AM - 1:45 PM

Massage by Lisa

at The Natural Healing Center

4250 Veterans Hwy.
Suite 104E
Holbrook, NY 11741
(631) 563-6503

www.TheNaturalHealingCenter.net



at *The Natural Healing Center*

(631) 563-6503

leemarie366@gmail.com



Experience the healing benefits of
massage therapy.

Results will show up when you do!

Massage Therapy



Massage is a form of body work that promotes relaxation and general well-being. It is a manual therapy that manipulates the soft tissue and decreases muscle tension, pain and stress. It is for young and old alike and offers many benefits such as:

- Improved circulation
- Strengthened immune system
- Increased mobility
- Improved sleep habits
- Anxiety relief
- Elevated mood
- Prevention of future injuries and more!

Price List

*THERAPEUTIC MASSAGE

30 MINUTES.....\$40

55 MINUTES.....\$70

Swedish massage with acupressure points, trigger points, some reflexology and stretching. Great for athletes, relieves fatigue, relaxes muscle tension and reduces stress.

*AMMA THERAPY

30 MINUTES.....\$40

55 MINUTES.....\$70

Massage of the meridians with acupressure points. Great for those with chronic illness, looking for medicinal results.

*REFLEXOLOGY

30 MINUTES.....\$40

55 MINUTES.....\$70

Manipulation of the feet, stimulating areas that pertain to every organ in the body.

Recommended for those who are new to massage, have chronic illness or wish to relax.

*HOT STONE THERAPY

30 MINUTES.....\$45

55 MINUTES.....\$80

Swedish massage done with smooth hot stones to help promote relaxation and release muscle tension.

*RAINDROP THERAPY

30 MINUTES.....\$60

55 MINUTES.....\$90

A series of essential oils are applied to the spine, followed by reflexology. Helps relieve depression, stress and chemical imbalance.

*INFANT MASSAGE INSTRUCTION

90 MINUTES (APPROX.).....\$90

A private lesson to teach parents, grandparents and caretakers how to properly massage infants.

To schedule an appointment:

Call the office at, (631) 563-6503

Email Lisa at, leemarie366@gmail.com

