



Massage Wellness packages

Regular monthly massages can help maintain the balance of your body. Massage helps to reduce stress, decrease tension, back pain, fatigue, headaches, carpal tunnel, fibromyalgia and so much more.

Our licensed massage therapist will customize your massage session to meet your individual health & wellness goals. We want to help you balance your life and create a wellness plan that works for you. Monthly maintenance plans start at \$60 per month.

Give the gift of relaxation. HMH Wellness Center gift cards are the perfect stress reducing gift for everyone on your list. Give them a gift that will help them balance their life.

Hours by appointment only

Monday – Friday 8 am – 8pm

Saturday 8 am – 3pm

4444 Keystone Dr., Suite A, Maumee, OH 43537

419-874-4640

www.hmhwellnesscenter.com



benefits of

Massage

- ✿ Relieves Stress
- ✿ Reduces Pain
- ✿ Reduces Depression & Anxiety
- ✿ Reduces Muscle Spasm & Cramping
- ✿ Relaxes Muscles
- ✿ Relieves Sinus and Headache pressure
- ✿ Improves Circulation
- ✿ Improves Immune System
- ✿ Increases Flexibility and Range of Motion
- ✿ Increases Joint Flexibility



HMH Monthly Maintenance plan will give you a (1) hour massage each month at a reduced rate. You will also enjoy additional sessions at the same price each month if needed.



Monthly Member Benefits:

- ✿ 15% discount off all Retail
- ✿ 15% discount off any other services
- ✿ 15% discount off all gift cards
- ✿ Additional 1 hr massages for same membership rate

Your Wellness Plan should include eating healthy, exercise, enough sleep and a monthly massage.

