

Demi's Massageworks & Center Spa

Demi Hoxie, LMT, NCBTMB

1 Grove Street
Torrington, CT 06790

860 • 489 • 7779
www.findmassage.net



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Benefits of Massage

- * Relief of chronic and acute musculo-skeletal pain
- * Increased flexibility and range of motion
- * Improved posture and performance
- * Preventative treatment: more resilient muscles respond better to physical stress and heal significantly faster
- * Joint pain and stiffness
- * Sciatica
- * Carpal tunnel syndrome
- * Back and neck pain
- * Frozen shoulder
- * Ankle and foot pain
- * Tendonitis
- * Sports injuries



Our Philosophy

The hand is our principal tool. With great precision the hand applies the warmth and pressure necessary to reverse arthrosis in a particular muscle, tendon or ligament. Only the warmth of the hand can revitalize and strengthen at the same time. Only the hand can sense that it has applied the right amount of pressure.

Our Services...

Massageworks Massage Services

- * Relaxation Swedish Massage
- * Head, Neck, Shoulder & Back (OR)
Head, Hands & Feet Massage
- * Foot Reflexology Massage
- * Gentle Deeper Therapies; specific to your needs
- * Chair Massage
- * Healing Hot Stone Massage
- * Thai Massage
- * Shiatsu

Massageworks Spa Treatments

- * Exfoliating Sea Salt Body Treatment
- * Revitalizing Marine Mud (OR)
Rehydrating Seaweed Body Treatment
- * Radiant Detoxifying Sauna

About the Therapist

Deborah "Demi" Murelli-Hoxie, a life time resident of Torrington, has attended Northwestern CT Community College and Connecticut Center for Massage Therapy. She has continued her studies with training in Zoku Shin Do (Japanese Reflexology), Craino-Sacral, Myo-Fascial and Deep Neuromuscular work, Pregnancy and Infant massage as well as Medical massage for special populations. She is a Certified member of the CT Sports Massage Team, and is affiliated with the American Massage Therapy Association. Demi is also a member of the NW CT Chamber of Commerce, Rotary International 7890 and the Litchfield County Women's Network.

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860.489.7779



Our Services...

Massageworks Massage Services

Relaxation Swedish Massage

Cost: 1/2-hour \$30 1-hour \$50 1 1/2-hours \$80

The Relaxation Massage utilizes long, flowing strokes with light to medium pressure to increase circulation and decrease stress and tension. A heated table, hot towels and scented oils (optional) will not only calm your body – it will lift your spirits.

Head, Neck, Shoulders & Back (OR) Head, Hands & Feet Massage

Cost: 1/2-hour \$30

The most overworked body parts are massaged and stretched to increase circulation.

Foot Reflexology Massage

Cost: 1/2-hour \$30

Did you know there are 7,200 nerve endings in each foot that correspond to different organs and systems in the body? Come in, relax and see for yourself how comforting reflexology is.

Gentle Deep Tissue Therapies

Cost: 1/2-hour \$35 1-hour \$65

These therapies address specific areas of acute or chronic pain, stiffness and postural distortion. In addition to relaxation techniques, the therapist employs oriental acupressure point and stretching therapies, MyoFascial and crainiosacral work, deep friction and polarity therapies or (energy work). Clients receiving this work are usually experienced massage enthusiasts and understand the benefits of the work come from regular massage visits.

Chair Massage

Cost: 1-hour \$60

Chair Massages are available for the work environment, special events, or family gatherings. This is a wonderful way to become introduced to the many benefits of massage. A chair massage is time efficient and a great way to reduce stress. The client remains fully clothed while relaxing in a custom made massage chair! Check it out!



Healing Hot Stone Massage

Cost: 1 1/2-hours \$95

The Hot Stone Massage is a specialized massage that will take you into a deep dimension of relaxation. Harnessing the properties of the smooth basalt stones, we bathe them in warm water and anoint them with warm oils. Hot stones are placed on key points and used to massage the body, melting tension and stress away. The penetrating heat of the stones makes this treatment a one of a kind mind and body experience while helping to balance the spirit.

Thai Massage

Please call Demi Hoxie at 860.489.7779 for details.



What is Shiatsu?

Shiatsu is a traditional hands-on Japanese healing art. It can help in a wide range of conditions; from specific injuries to more general symptoms of poor health. Shiatsu is a deeply relaxing experience and regular Shiatsu sessions help to prevent the build up of stress in our daily lives. *Common conditions which can be helped by Shiatsu include:* Back Pain, Headaches, Migraines, Whiplash injuries and Neck stiffness, Joint pain and Reduced mobility, Menstrual problems, Digestive problems and Asthmatic symptoms.

What to expect in a Shiatsu session

Cost*: 1/2-hour \$30 1-hour \$50

Each session last approximately one (1) hour. The first session may be slightly longer since your practitioner will take a history to develop a complete picture of your health according to the principles of oriental medicine.

The session takes place on a padded mat at the floor level, although it is possible to receive Shiatsu sitting on a chair if you are unable to lie down. The client stays fully clothed. Following a treatment, there can be a feeling of increased vitality and you may feel invigorated yet relaxed.

Please bring or wear loose, warm, comfortable clothing – preferably cotton (i.e. sweatshirt, tracksuit, trousers and cotton socks). Please do not eat heavily two hours prior to your session.

* House calls are available - call for details.

OPEN 7-days a week
by appointment for your convenience

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Massageworks Spa Treatments

In the warm, moist atmosphere circulation improves, especially to the skin. The skin becomes softer and more hydrated. The pores open and toxins are naturally moved out of the body. You'll see improved tone, elasticity, texture and healthy fresh color. All treatments are done without wrapping the body in uncomfortable bandages. The wrap takes place under the steam canopy allowing the client to rest, keep warm and maintain privacy during treatments. Our system allows for a seamless transition from spa treatments to massage and is very affordable.

Exfoliating Sea Salt Body Treatment

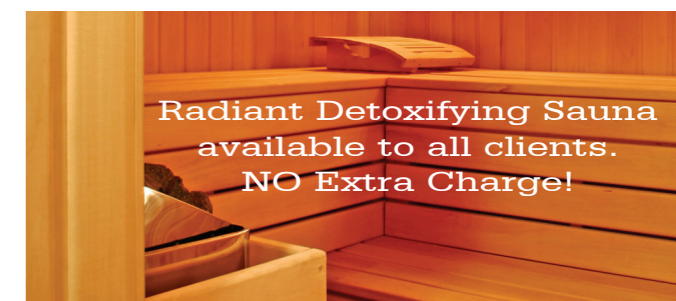
Cost: 1-hour \$75*

Marine and mineral rich salts infused with essential oils are gently massaged into your skin to help eliminate impurities, stimulate circulation, and buff away flakiness. The client then goes into a shower room to wash away the sea salt and the session is concluded with the application of moisturizing lotion. **Enjoy your Body Treatment PLUS one hour of your choice Massage for only \$95!*

Revitalizing Marine Mud (OR) Rehydrating Seaweed Body Treatment

Cost: 1-hour \$75*

Mineral rich marine mud or seaweed is applied to the skin. As these nutrients are absorbed, circulation is increased. The client then goes into a shower room to wash away the mud or seaweed and the session is concluded with the application of moisturizing lotion. Mud and seaweed are known for their purifying and healing properties. **Enjoy either Body Treatment PLUS one hour of your choice Massage for only \$95!*



Radiant Detoxifying Sauna
available to all clients.
NO Extra Charge!

CALL: 860.489.7779

E-MAIL: dlh@findmassage.net

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