

# RELAX, REJUVENATE, ENJOY

*Experience and enjoy the many healing benefits of total body relaxation before or after your climb. Soothe sore and tired muscles, release tension, and achieve wellness of body, mind, and spirit with a relaxing therapeutic massage.*

## **Relaxation**

Medium to light depth soft tissue work will soothe sore and tired muscles and gently harmonize your inner and outer self. High Touch Jin Shin (energy work) and breathing techniques will help lengthen muscles, increase energy flow, decrease inflammation and mind-body tension.

> \$90 for 55-minutes / \$125 for 85-minutes

## **Deep Tissue**

Direct deep pressure to areas of muscle and joint strain will unwind knots, release tension, and provide overall relaxation. A combination of many therapeutic traditions will provide relief for over-worked muscles and fatigue from active hard working lifestyles.

> \$90 for 55-minutes / \$125 for 85-minutes

## **Sports Medicine**

Physical therapy evaluation and bodywork customized to your individual needs. Includes stretching, taping, and specific exercise techniques to help alleviate pain, inflammation, and compensation patterns associated with chronic or acute soft tissue, joint, and nerve injuries from sports, repetitive use, or physical trauma.

> \$105 for 55-minutes / \$145 for 85-minutes

## **About Jillene Lund, DPT CMP**

Jillene has 15 years of experience as an orthopedic physical therapist. Jillene holds a doctorate degree in physical therapy, bachelor's degrees in health sciences and health psychology, and a manual therapy certification as a Mulligan Practitioner. She specializes in integrating western and eastern therapeutic traditions to relieve pain, improve range of motion, enhance athletic performance, and provide extraordinary relaxation.




## **Mountain Time Wellness**

**Schedule online now: [MountainTimeWellness.com](https://www.MountainTimeWellness.com)**

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Mountain Time Wellness at Rainier BaseCamp, Ashford, WA

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