



www.advancedfullerschool.com
 195 S. Rosemont Road, Suite #105
 Virginia Beach, Virginia 23452
 (757) 340-7132

Call to schedule an appointment.
 Gift certificates available.

- Nineteen individually decorated massage rooms!
- Three couples rooms!
- No membership fees ever!

Please honor our 12 hour Cancellation Policy.
 If we are unable to rebook and you do not show
 or cancel late for an appointment. There is a \$20.00
 charge before you can reschedule with us.

BENEFITS OF MASSAGE THERAPY

- Relieves muscle tension & relaxes muscle spasms.
- Increases blood supply & nutrients to muscles.
- Helps eliminate waste matter from muscles.
- Increases flexibility & strengthens joints.
- Improves blood circulation & relieves congestion.
- Improves the movement of lymph through the body, strengthening the immune system and eliminating toxins.
- Helps in the rehabilitation of injuries and reduces recovery time.

Your preparation time, approximately 5 minutes,
 is included in the time scheduled.

Please arrive 5 minutes early; do not eat a
 heavy meal before your appointment and dress
 casually. Please leave jewelry at home.

OUR MASSAGE THERAPY

is based on Swedish techniques using natural oils. Various therapy techniques will be applied as needed and requested by client such as trigger point, stretches, deep tissue, acupressure, and reflexology at no additional charge.

- 1/2 hr. Massage w/ Student.....\$25
- 1/2 hr. Massage w/ Graduate\$30
- 1 hr. Massage w/ Student.....\$35
- 1 hr. Massage w/ Graduate\$45
- 1 1/2 hr. Massage w/ Student.....\$50
- 1 1/2 hr. Massage w/ Graduate\$60
- 1/2 hr. Green Tea or Honeylift Facial \$40

Castor Oil Pack with Steam Heat always available for an additional\$5

Add a Honeylift or Green Tea Facial included in your session an for an additional\$10
 Enjoy a gentle cleanse and your choice of the Honeylift (more circulation) or Green Tea (more nourishing) with the aroma spritz and moist steam towel.

1 Hour Cupping \$55
 Special cups used for suction to release cellulite, fascial restrictions, scar tissue and trigger points with less pain.

1 Hour Shiatsu..... \$55
 Oriental-based system of pressure which works acupressure meridian lines. Static pressure, stretching and breathing releases blockages and rebalances the flow of energy.

1 1/2 Hour Signature Gift Package..... \$80
 A personalized essential oil aroma massage with facial, herbal foot reflexology and castor oil with steam heat pack. Includes a personalized essential oil for you to take home!

1 Hour Aromamassage \$55
 A specialized hour full of aromatic blends especially formulated for your face, feet and body.

1 Hour Deep Stone Massage..... \$55
 Warmed basalt stones are used to diffuse heat into your muscles to penetrate the aromatic oils deeply. Cool stones are applied to the sinuses.

OUR MASSAGE SCHOOL

The Fuller School has been in operation since 1983.

Therapeutic Massage is one of the fastest growing professions in the field of natural health care. There is an ever increasing acceptance of massage as a wholistic approach to health care and health maintenance. As a result, career opportunities for massage therapists are abundant. The key is proper training in a relaxed and professional atmosphere. Call us for a school catalogue or visit our website at www.advancedfullerschool.com.

*Massage oils, balms, healthcare supplies
 available at discount prices.*

MASSAGE GRADUATE.....600 HOURS

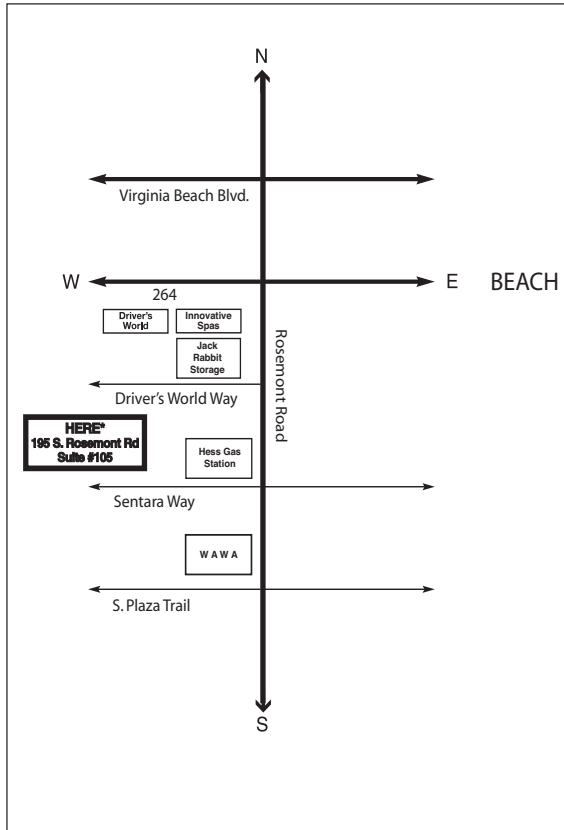
MASSAGE STUDENT.....300 HOURS

**CALL FOR PRICING FOR MASSAGE
 AT YOUR LOCATION.**

**Certified to Operate by SCHEV
 SCHEV Code 43005
 ABMP Code #130044
 AMTA CODE #73372**

Your Session

Your professional massage is more than a backrub. Your massage therapist can find all the muscle soreness that has built up from daily stress, too little or too much exercise. The point of a therapeutic massage is to release that tension, work out the kinks and help your body relax to function at an optimal level. Just lay back and enjoy!



(757) 340-7132

Advanced Fuller School of Massage



Established in 1983

Open 9 a.m. ~ 9 p.m. Everyday
 Enchanting Environment
 Voted "Best of Virginia Beach"
 Over 10 Years in a Row

*How We
 Work Really
 Matters to the
 World*

