

Therapies We Offer

Swedish/Deep Tissue/Prenatal

30 min.	\$40
45 min.	\$55
60 min.	\$70
75 min.	\$85
90 min.	\$100

Sports, Ashiatsu, Core or Thai

30 min.	\$50
45 min.	\$65
60 min.	\$80
75 min.	\$95
90 min.	\$110

Cupping/Hot Stone Fusion

45 min.	\$70
60 min.	\$80
75 min.	\$100
90 min.	\$115

Rolfing®

90 min.	\$115
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Benefits of Massage

- Improved and Increased Circulation
- Relieves Muscle Tension
- Improves Muscle Tone
- Breaks Down & Prevents Muscle Adhesions
- Promotes General Relaxation and Reduces Stress
- Helps Improve Sleep
- Increases Body Awareness
- Sharpens Mental Awareness

Gift Certificates Available

About the Owners

Pat Santas

Certified in Core Myofascial Therapy, prenatal massage, and Ashiatsu Oriental Bar Therapy. Buddhist teachings of mindfulness are the foundation of her work. She hopes that people will gain clarity and a renewed sense of wonder as they allow massage to be a vehicle of awareness.

Ari Santas

Certified in Core Myofascial Therapy, training in Thai Assisted Yoga Massage. Uses myofascial stretching and spreading techniques for medical and sports applications. He enjoys helping people reeducate bodies and minds toward health as well as working with athletes.

Directions

From Valdosta:

- Take Ashley St. to Park Ave. and go East
- Go past Lee St., Forrest St., the RR tracks and Jaycee Shack Rd., and the J.L. Newbern Middle School.
- After the school, turn left onto the driveway just before Dogwood Dr. (the second road on the left)

From Hahira:

- Go South on Old US 41
- Turn left on N. Valdosta Rd. towards town
- Turn left on Inner Perimeter Rd
- Go past Walmart, Bemiss Rd., and the RR tracks at Jaycee Shack Rd.
- Turn right on Park Ave/Lakeland Hwy (1st light after the RR tracks)
- Turn right onto the driveway just after Dogwood Dr. (the first road on the right)

Ask About Our Special Discounts

Mindful Massage & Bodywork

2229 E. Park Ave. - Valdosta

(229) 259-9535

www.mindfulmassage.biz

Pat Santas, BA
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Ari Santas, PhD
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State Licensed
Nationally Certified
Member AMTA



Mindful Massage & Bodywork endeavors to cultivate a place of calm and stillness, a place and space to slow down the body and mind so you can emerge refreshed with a clear mind and open heart. It is our intention to provide compassionate, quality service in an effort to meet your individual needs. We thank you for considering our place of practice. It is an honor to provide you with the art of therapeutic touch.

Swedish Massage

Combines effleurage, kneading, and friction on the surface of the muscles with assisted movements of the joints. It relaxes the mind and body, warms up and flushes metabolic waste from the muscles, and improves circulation and range of motion.



Hot Stone Therapy

Water treated stones are placed at specific sites on the body to promote relaxation and open up the meridians (energy pathways). Muscles are pretreated with the stones to allow the therapist to more easily perform deep tissue manipulations.



Myofascial Work

Ashiatsu Oriental Bar Therapy

Barefoot technique of slow, deep, compression effleurage strokes stimulate lymphatic system, creates structural change in chronic soft tissue damage.



Deep Tissue

Slow strokes and firmer hand pressure treats deeper tissue, releases tension, and restores suppleness and strength.

Prenatal Massage

Treats muscular tension associated with pregnancy during the second and third trimesters.

Sports Massage

Warms and softens tissue, realigns muscle fibers, helps heal scar tissue and flushes metabolic waste.



Cupping Treatment

Suction techniques for joint mobilization, inflammation, pain relief, soft tissue release & relaxation.

Rolfing®

Rolfing® Structural Integration is a process of soft tissue manipulation that balances and realigns the body by releasing tension and strain. It works on the web-like complex of connective tissues, called fascia, through a series of ten sessions. Through the process of reorganizing the connective tissues, Rolfing aims to restore flexibility, revitalize your energy, and help you feel more at ease in your body. The goal of the Rolfing Ten-Series is to systematically balance and optimize both the structure (shape) and function (movement) of the entire body. The Rolfing process can potentially resolve discomfort, release tension, improve posture, and alleviate pain.



Thai Assisted Yoga Massage

Slow, deep compressions that stretch to improve posture, relieve myofascial pain, and restore balance and strength.



Core Myofascial Therapy

Technique of deep and systematic strokes treats myofascial tissue, reduces adhesions, relieves chronic stress, tension, and pain. Great for medical and sports applications and postural realignment.

