

# Serenity Salon and Spa



## November Special:

**Scalp & Shoulder Massage \$25 for 30 minutes  
(Gift Certificates are available at the business office)**

### Benefits of Geriatric Massage Therapy

Geriatric massage therapy is designed to address the specific needs of the elderly population. This type of massage for the elderly uses gentle and light application of massage techniques and can include passive stretching and a light oil or lotion to permit your muscles to be worked on without causing excessive friction to the skin. These techniques can help enhance blood circulation, combat depression, improve balance and flexibility, reduce the pain of arthritis, increase joint mobility, improve posture, and encourage overall well-being. Geriatric massage can be especially helpful for maintaining and improving overall health as we age. It also has been shown to relieve anxiety and provide comfort, especially to touch-deprived elderly clients.

**Stop in on Wednesday mornings to receive a sample massage & more information!**

**For both  
men & women!**

**Feel free to contact me with questions  
& for scheduling.  
Dawn Gilbertson  
715-877-2696  
dgilbertson@ymail.com**

**Give the gift  
of  
massage!**