



PURPLE LIME MASSAGE THERAPY PRESENTS BENEFITS AND OPTIONS FOR MASSAGE THERAPY

Manage anxiety & Depression: **Swedish** helps calm the mind
Ease Muscle Pain: **Therapeutic** treats Fibromyalgia & sore muscles
Improve Sleep: **Swedish** massage is great for relaxing the body and mind
Training Endurance: **Deep Tissue/Sports** aids in releasing tension from a muscle group
Pregnancy: **Pregnancy massage** helps gently relax the muscles of the mother to be
Cell Renewal: **Exfoliations** remove dead skin cells, leaving skin radiant and smooth
Remedy PMS: **Energy work** is best for PMS by clearing the energy field from pain
Ease Cancer Treatment: **Healing Touch** assists patient on their road of recovery
Curb Headaches: **Acupressure** releases trigger points that cause headaches
Sinus Pressure: **Facial Hot Stone** is ideal for clearing the sinuses

**Stacie Cooper, Owner/Massage Therapist at Purple lime is proud to
join FIT by DESIGN –Award Winning Personal Training to bring complete
wellness to the DFW area.**

**Purple Lime is located at 848 S. Denton Tap STE 225, Coppell, TX
Book your appointment today www.purplelimemassage2.fullslate.com**