



TOUCHFITNESS
INFORMATIVE BODYWORK

MASSAGE THERAPY & WELLNESS

MASSAGE SERVICES

RATE INFORMATION

Sherrin Bernstein, LMT
FL Lic.# MA 47391
917-415-6539

140 East 46th St., #6B
New York, NY 10017

1420 Pennsylvania Ave., #407
Miami Beach, FL 33139

touchfitness@mac.com
www.touchfitness.com

Informative Bodywork • Shiatsu/Acupressure • Thai

Relaxing massage that relieves stress & tension so you can live comfortably in your body.

- Single 50 minutes \$95 • Series of Five \$470 - good 5 months
- 90 minutes \$145 • Series of Ten \$925 - good 15 months

Aromatic Informative Bodywork

Therapeutic and relaxing massage with the highest quality essential oils from plants, trees & flowers that replenish you and your body with abundant & positive energy.

- Single 50 minutes \$105 • 90 minutes \$160 • Ten \$1025 - good 15 months
- Custom blends available for purchase.

Aromatic Deep Tissue • Medical Massage • Pre/Post Natal

Massage solutions using the highest quality therapeutic grade essential oils that relieve pain & spasm, restore function and return you functional to activities of daily life.

- Single 50 minutes \$125 • 30 minutes twice/week for 3 weeks \$370 • 90 minutes \$190
- Ten \$1225 - good 15 months • Evaluation* plus Medical Massage \$180 - 1.5hrs

The Super Hero

You've heard of the Power Nap, this is the Power Nap of bodywork with focused Oil-Free Chair Massage!

Rejuvenate in 30min and still have time for lunch.

- Informative Super Hero Single 30 minutes \$50
- Series of Five \$225 - good 6 weeks • Series of Ten \$475 - good 15 weeks

The Picture Frame

Open up your energy channels with massage for your Head, Neck, Hands & Feet.

Choose from Essential Oil Blends of your choice.

- Single 30 minutes \$65 • Series of Five \$320 - good 6 weeks • Series of Ten \$625 - good 15 weeks

The Office Treat

Super concentrated compute user massage treat to the neck, shoulders, arms & hands.

Choose from Essential Oil Blends of your choice.

- Single 25 minutes \$75 • Series of Five \$370 - good 6 weeks • Series of Ten \$725 - good 15 weeks

Home Sweet Home House Calls

Therapeutic massage in the comfort and privacy of your own home.

- Single 60 minutes \$225 • 90 minutes \$290

* An evaluation is required for new patients who have special medical considerations.