



www.advancedfullerschool.com  
 195 S. Rosemont Road  
 Virginia Beach, Virginia 23452  
 (757) 340-7132  
 Fax (757) 486-2192

**OPEN EVERYDAY 9 am - 9 pm**

**Call to schedule an appointment.  
 Gift certificates available.**

**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.**

We at the Advanced Fuller School of Massage Therapy view massage therapy as the cornerstone in the preventative health care philosophy, as well as a highly valuable tool in the recovery from the loss of good health. We believe in effective techniques based on sound principles, the value of safe practices and professional integrity.

**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.

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

**Your preparation time, approximately 5 minutes is included in the hour schedule.**

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

**Prices as of March 1st, 2004**

1 hr. Massage w/ Graduate .....	\$40
1 hr. Massage w/ Student .....	\$30
1 1/2 hr. Massage w/ Graduate .....	\$55
1/2 hr. Massage w/ Graduate .....	\$25
1/2 hr. Green Tea or Honeylift Facial .....	\$35
Castor Oil Pack with Steam Heat always available for an additional .....	\$5

Add a **Honeylift or Green Tea Facial** included in your session, only ..... \$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. Herbal Select therapy lotion is then massaged in leaving your face feeling and looking moisturized and fresh!

**1 Hour Shiatsu/Thai Bodywork .....** \$50  
 Oriental-based system of pressure which works acupuncture meridian lines. Static pressure, stretching and breathing releases blockages and rebalances the flow of energy.

**1 1/2 Hour Signature Gift Package .....** \$75  
 A personalized pure pro essential oil aroma massage with aroma facial, herbal foot reflexology and steam heat with a cleansing pack. Includes a personalized essential oil for you to take home!

**1 Hour Aromamassage .....** \$50  
 A specialized hour full of aromatic blends especially formulated for your face, feet and body.

**1 Hour Deep Stone Massage .....** \$50  
 Warmed basalt stones are used to diffuse heat into your muscles to penetrate the aromatic oils deeply. Cool stones are applied to the sinuses.

**2 Hand Parabath .....** \$10  
 A warm wax bath which helps arthritis, bursitis and scar tissue. It softens the skin, and enhances the affect of essential and base oils.

**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, acupuncture, and reflexology at no additional charge.

The Fuller School has been in operation since 1983. We hold a certificate to operate issued by the Virginia Board of Education. We are a member of the Better Business Bureau and accredited by the National Certification Examination for Therapeutic Massage and Bodywork. We are members of VAMS and AMTA Council of Schools.

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 holistic 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](http://www.advancedfullerschool.com).

**PERSONAL USE WORKSHOP .....** \$30

A 3 hour workshop covering Swedish Massage, Acupuncture and Reflexology. Call for workshop dates. Usually the 3rd Sunday of every month.

**MASSAGE GRADUATE .....** 600 HOURS

**MASSAGE STUDENT .....** 300 HOURS

**AROMATHERAPIST PROGRAM ..** 250 HOURS

**CONTINUING EDUCATION CLASSES  
 AVAILABLE TO HEALTH PROFESSIONALS**





## 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!

# Advanced Fuller School of Massage



Established in 1983

Open 9 a.m. ~ 9 p.m. Everyday  
Luxurious and Enchanting Environment  
Voted "Best of Virginia Beach" 2003

## How We Work Really Matters to the World

