



**NEWMAN PLASTIC SURGERY**  
**MASSAGE SERVICES**

**MASSAGE**

Our Nationally Licensed Massage Therapist will customize your massage session to meet your individual needs. This service is perfect to soothe aching muscles and calm frazzled nerves. Techniques include Swedish, Therapeutic, Deep Tissue massage, and more.

1 hr \$75 / 1.5 hr \$90

**HOT STONE MASSAGE**

Smooth, heated riverstones are skillfully used in combination with massage strokes. The heat applied directly to your body penetrates deep into the muscles. Tension and stress melt away to soothe sore, tired,

and aching muscles.

1 hr \$90 / 1.5hr \$110

**HOT TOWEL COLD STONE FACE MASSAGE**

This unique massage treatment refreshes the senses. The hot towels stimulate circulation while cold stones reduce inflammation. Lavender essential oil is added to help relieve stress. This is an excellent treatment for sinus, headache and TMJ problems. Some lymphatic drainage techniques will be applied to move any excess fluid from the face and neck area.

40 minutes \$45

**ENHANCEMENTS:**

**HOT TOWEL HAND OR FOOT SCRUB TREATMENT**

Relax as we wrap your hands or feet in hot towels and gently stretch and compress them. After a stimulating exfoliating scrub, enjoy a hydrating cream with a full, deep hand or foot massage.

10 minutes, \$15 per treatment area



**NEWMAN PLASTIC SURGERY**  
**IS PROUD TO ADD MASSAGE SERVICES TO**  
**OUR SPA MENU**

**KEY BENEFITS OF MASSAGE:**

- DEEP RELAXATION
- REDUCED STRESS
- MUSCLE RELIEF
- IMPROVED CIRCULATION
- STRONGER IMMUNE SYSTEM
- INCREASED FLEXIBILITY
- HEADACHE RELIEF
- LOWER BLOOD PRESSURE

Ronnie Kenney is a Nationally Certified and Licensed Massage Therapist. She is a graduate of University of Central Florida and Central Florida School of Massage Therapy. Ronnie has been a practicing massage therapist since 2008. Prior to that, she managed a medical/surgical office for 17 years while raising 3 children. Ronnie is passionate about helping people feel better and incorporates that enthusiasm into all her massages.

MA#54579



**NEWMAN PLASTIC SURGERY**

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**NEWMAN PLASTIC SURGERY**  
**MASSAGE SERVICES**

**Lymphatic Drainage**

Lymphatic drainage is a type of massage therapy consisting of a gentle, rhythmic, precise technique that goes with the direction of lymph flow. The therapy activates the muscle cells in the walls of the lymph vessel and the surrounding skeletal muscles necessary to propel the lymph through the system. This type of therapy is used to treat lymphedema.

Lymphedema is an accumulation of protein rich lymphatic fluid which can result in swelling of a body part. A person who is at risk for lymphedema is anyone who has had trauma or surgical procedures including lumpectomy or mastectomy with or without axillary node dissection and/or radiation. Lymphedema can occur immediately after surgery, within a few months, a couple of years, or 20 years after cancer therapy.

Patients often feel a very deep sense of relaxation during the treatment. They will also feel relief as the pressure from the swelling is drained. Some of the more common benefits of lymphatic drainage include:

- \* Promotes healing
- \* Reduces swelling
- \* Increases blood circulation
- \* Reduces inflammation
- \* Promotes stronger immune system
- \* Helps prevent infection
- \* Increases sensation to the area faster
- \* Helps break up scar formation
- \* Releases local toxins
- \* Increases relaxation, which enhances healing

30 minutes \$40

1 hour \$75

