

ALL-WAYS NATURAL, Inc.
proudly announces the addition of
Joseph Audette to our Staff!



Joseph Audette, a Florida native, has 13 years of experience in Bodywork and Massage therapy. Joe specializes in: Pre and Post Sports Massage, Medical Massage, Trigger Point Therapy, Bamboo

Massage, Cupping therapy and Passive Prolong and Active Isolated Stretching.

He is also practiced in other critical bodywork techniques and therapies including: Neuro-Muscular Re-Education, Trager (Rocking) technique, Ayurvedic Medicine, Thai Massage, Warm Stone Massage, Thelasotheapy and Hydrotherapy.

Joe is expert in working with athletes who wish to quickly remove lactic acid and other toxins from the muscles and body to promote faster recovery times and improved performance. Your workout is not complete without a massage from Joe!

Experience an extremely different type of bodywork here at Loggerhead's All-Ways Natural, or in your home or office.

See List & Pricing on back of this flyer Call 561-847-1969 to schedule your appointment!



Additional Massages from Joe :

Stretch and Massage 1 or 2:

1 ½ hours \$100

1 - Prolonged passive stretches of individual muscle groups, held for various amounts of time, allows the entire muscle to release and relax. Minimal massage is applied to allow the blood to flow to the muscle.

2 - Isolated Active Stretching releases the muscle from any type of restricted movement. Used when there is an injury to the area, and after an athletic endeavor. Followed with massage to bring back blood flow to the area.

Cupping with Bamboo: 1 ½ hours \$120

Cupping technique uses suction to increase blood flow to a particular area, releasing "energy blockages". This is combined with a warm, deep bamboo massage.

Neuro-Muscular Massage:

½ hour \$45, 1 hour \$80, 1 ½ hours \$110

This technique is a dry medical massage treatment that employs several techniques for the muscle to release tension.

Trager Massage: 1 hour \$60

A gentle rocking movement massage for balance!

Joe is a member of FL State Massage Therapy Association: License #20169

**Call 561-847-1969 to schedule
your appointment today!**