

2009

***“ENJOY THE BENEFITS OF  
MASSAGE THERAPY”***

Massage Therapy helps relieve stress, pain and increases your bodies own natural ability to heal. **What have you done to help your body relax and give your hard working muscles the attention they deserve?** Your body is designed to heal itself! A Massage session may speed up and increase your chances of recovery through proven techniques that will increase your body’s own natural ability to heal. Massage may help you feel better, recover faster and have long lasting effects that are natural and drug free.

Massage can often reduce stress, relieve pain, release toxins, break up adhesions, increase flexibility, relieve headaches, relieve sinus problems, reduce sciatica, reduce frozen shoulder, reduce carpal tunnel symptoms, relieve foot pain and many other conditions related to the soft tissues.

Above all, Massage helps to focus our attention on relaxation and ourselves. It provides a quiet time to rejuvenate our muscles and our lives.

**We love our work and hope you will give us the opportunity to work with you! Call for an appointment today.**

***It's A Good Life Massage Studio***  
299 Walnut St., Agawam, MA 01001  
(413) 786-7500

**REIKI**

*As Certified Reiki practitioners, we will include Positive Reiki Energy Work as part of your Massage with your permission! WOW!*

**Thanks for Referrals**

**We maintain strict privacy but we want to tell you how much we appreciate it when a new client lists you as the person who referred them. Referrals have built our business and each client has had a part of expanding our studio.**

**LIFESTYLE CHANGES**

**Relaxation is such an important part of your well being!  
Stress Relief, Exercise and Nutrition will keep you healthy. That’s why we are teaching a GREAT program at our Studio that incorporates each of these factors to help you maintain a healthier lifestyle.  
The Program is 12 sessions so call us and ask about when the next program begins!**

**THE BioMat**

**The BioMat is an FDA approved medical device offered at our Studio!  
Brochures are available to learn how this can impact your life!**

**We Accept Cash, Checks and  
Master, Visa & Discover Credit / Debit  
Cards!**

*Live Every Day to the FULLEST and  
Remember to BREATHE !*

*It's a Good Life Massage*



**Joanie & Bob Luchini,  
Licensed Massage Therapists**

**299 Walnut Street, Suite 204  
Agawam, MA 01001  
Office: 413-786-7500  
Cell: 413-265-5597**

**E-mail us to request our FREE  
ONLINE NEWSLETTER at:  
[www.goodlifemassage.com](http://www.goodlifemassage.com)**

**It's A Good Life at  
It's A Good Life Massage!**

**Come spend an hour with us today!**

*“One of the deep secrets of Life is that all that is really worth the doing is what we do for others.”*

**“ALL ABOUT US!”**

Bob and I have been partners in Life for over 34 years and if you see one of us, the other is usually there too! It made perfect sense to be partners at ***It's A Good Life Massage!***

We attended the Amherst School of Massage Therapy with a mission to dedicate our time to our passion of massage therapy. After retiring from the West Springfield Post Office in 2004, Bob supported my new career choice and I left my position in the corporate setting in 2005. Our philosophy is that massage should be affordable and more accessible to everyone.

We understand firsthand the benefits of massage therapy and we offer that same feeling of relaxation to the clients that we service. The gift we have found is the wonderful opportunity to truly enjoy what we do for a living.

We are conveniently located on the second level of 299 Walnut Street in Agawam. Our door is directly to the left at the top of the stairs. Stepping into our reception area, we hope you will feel at home.

**COME VISIT US TODAY!**

Our Water Cooler dispenses Cold and Hot water (choice of tea) while you wait for your session. You will be asked to complete some standard forms while you sip your tea or water in our waiting room. The gentle sound of relaxing music will begin your experience at

***It's A Good Life Massage.***

We will discuss our massage session procedures to help you prepare for YOUR relaxation time. While we will respond to any of your needs, we respect “Quiet Time” during a session to help you relax. Once the session is completed, we will not rush you. Upon leaving your session room, we will provide you with a complimentary glass of water and encourage you to continue to drink additional water throughout the day!

Our session rooms are large enough to offer Couple Massage and don't forget to ask about our 20% discount on our one hour massage for our Firemen and Policemen!

We hope that you will come tour our studio and schedule your next massage therapy session with us!

***It's A Good Life Massage!***  
***Joanie and Bob Luchini,***  
***Licensed Massage Therapists***  
***(413) 786-7500***

**MENU OF OUR RATES AND PROFESSIONAL SERVICES**

**CHAIR MASSAGE - \$1 per minute**  
**15 Minutes for \$15.00**  
**HEAVEN in our Pisces Chairs!**

**RELAXATION TABLE MASSAGE**  
**½ HR. \$30.00**  
**1 HR. 10 minutes \$60.00**  
**Aromatherapy & Reiki Included**

**COUPLE MASSAGE –2 Clients and 2 Therapists Working in Same Room**  
**Simultaneously!**  
**60 Minutes \$120.00**

**JUST THE BACK, PLEASE**  
**½ HR. \$30.00**

**FOUR HAND MASSAGE – 1 Client and 2 Therapists with Synchronized Massage Techniques**  
**50 minutes - \$95.00**

***Give the Gift of Relaxation!***

**GIFT CERTIFICATES ARE AVAILABLE FOR ALL OCCASIONS**

**Your Relaxation Appointment is Just a Call Away!**

