

History of Massage Therapy

Ancient Greece and the Roman empire understood the benefits of massage.



For Centuries massage therapy has been recognized for its health benefits, relaxation and stress relief. Today, more and more people are enjoying massage for these reasons as well as for sports massage and injury rehabilitation. At Pirate Wellness Center we offer a full range of massage therapy including: Sports Massage; Deep Tissue, Swedish, Acupressure and Reike.

Bookings by Appointment

Mon-Fri 9.00am—6.00pm

Sat 9.00am—4.00pm

Swedish Massage refers to a variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones, and rubbing in the same direction as the flow of blood returning to the heart.

Deep Tissue Massage is a massage technique that focuses on the deeper layers of muscle tissue. It aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas, either following or going across the fibers of the muscles, tendons and fascia.

Shiatsu is a Japanese word. It means 'finger pressure'. A Shiatsu treatment does however incorporate the use not only of finger pressure, but also thumbs, palms, knees, forearms, elbows and feet. Pressure is applied to the areas of energy lines (meridians) to promote good health by stimulating the body's energy flow.

Acupressure is an ancient Chinese technique based on the principles of acupuncture, and involves the use of finger pressure (without the needles) on specific points along the body. It is a way of accessing and releasing blocked or congested energy centers in the body.

Reflexology is a gentle form of therapeutic treatment applied to the feet and sometimes to the hands. Reflexology is based on the belief that there are reflex areas on the feet (and hands) corresponding to all the parts of the body including major organs. It is believed that applying pressure to specific areas on the feet, hands and ears can affect internal organs and body systems, and therefore promote good health.



Pirate Wellness Center
Cudjoe Key, FL

**Having muscle aches or
tension?**

**Need some relaxation and
stress relief?**

**Maybe you could use a
therapeutic massage?**

Massage Treatment

**Enjoy a Massage
TODAY!**

Benefits of Massage Therapy



Low back pain or soreness? A therapeutic massage can ease that pain and promote flexibility.

Therapeutic Massage Supports your Fitness or Sports Program!



Bonnie Stoddard is originally from Hollywood, Florida and has lived here in the Keys for the past 30 years, and currently resides on Summerland Key with her 18 year old son. Bonnie earned her certificate in 1985 in Miami at Educating Hands. Bonnie practices Swedish, Deep Tissue and Shiatsu massage.

Peter Fox is Nationally Certified in Massage and also certified in Sports Acupressure and Pain Management. Peter has studied many subjects such as Swedish Massage, Sports Massage, Trigger Point Therapy, Polarity Therapy, Reflexology, Zen Shiatsu, Jin Shin Do, Tui Na and Traditional Chinese Medicine.



Our massage therapists are available for immediate bookings. For more information or to schedule an appointment please call (305) 744 .3348 .



Massage Treatment Pricing

30 Minute Massage Treatment	\$60
60 Minute Massage Treatment	\$90
90 Minute Massage Treatment	\$120

(Gratuuity not included)

Pirate Wellness Center

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