



Life strategy and  
relationship counseling  
for couples, families  
and individuals



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**Todd McLendon, L.M.P.**

**To schedule an appointment, please call (360) 789-5142.**

I specialize in working with people who are in pain due to stress or injury.

- \* Swedish Massage
- \* Deep Tissue Massage
- \* Japanese Acupressure Massage
- \* Injury Treatment
- \* Spa Services
- \* Neuromuscular Technique
- \* Muscle Energy Technique



**Cindy Longnecker, L.M.P.**

**To schedule an appointment, please call (360) 870-7285.**

I offer a wide variety of massage and body work including:

- \* Injury Treatment
- \* Deep Tissue
- \* Sports Massage
- \* Trigger Point Therapy
- \* Pregnancy Massage
- \* Myofascial Release Work
- \* Proprioceptive Neuromuscular Facilitation
- \* Hawaiian Bodywork
- \* Shiatsu (Japanese) Acupressure Massage Technique
- \* Tuina (Chinese) Massage Technique, Swedish Massage
- \* Infant Massage (and instruction for parents in infant massage)
- \* And many Others.

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