

# CHAIR MASSAGE BY TERRAH BANAKAS

## 1. Seven Minute Massage

for your neck, shoulders, and back.

\$10

## 2. Ten Minute Foot Massage

with balm rum, sprits and powder.

\$15

## 3. Twelve Minute Upper Body Massage

for your neck, shoulders, back, arms, hands and scalp.

\$15

## 4. Twenty-Two Minute Upper Body and Foot Massage

options 2 and 3 combined.

\$27

## 5. 20 Minute Custom

\$30

## 6. 30 Minute Custom

\$40



PLEASE COMPLETE THIS FORM BELOW

Name \_\_\_\_\_ Email \_\_\_\_\_  
(please print)

Occupation \_\_\_\_\_

Are you under a Doctor's care for any recent surgery or injury? Yes No

Do you have any allergies? Yes No

I have discussed with my practitioner any medical conditions I have which could be adversely affected by these services.

Signature \_\_\_\_\_ Date \_\_\_\_\_

ON SITE / ON LOCATION SERVICES AVAILABLE. ASK FOR DETAILS.  
865-964-5215 - [message@terrahbanakas.com](mailto:message@terrahbanakas.com) - <http://message.terrahbanakas.com>