In addition to our Massage Therapy services we also offer Aqua Detox™ (This service must be scheduled a few days in advance.)

Aqua Detox is The Original Detox Foot Spa: The Revolutionary Way to Detoxify, Re-balance & Re-energize Your Body. The foot spa contains water, a saline solution and an electro magnetic device called an array. The Aqua Detox™ System produces a charge which stimulates the cells within the body. The positive and negative charges in the water allow the body to attract and use the negative ions to rebalance and release toxins. The most convenient and effective way to release toxins is through the 4000 pores on the feet. Following a treatment the body will continue to detoxify for up to 48 hours.¹

1. All information above was obtained and copied from the Aqua Detox™ System brochure.

**BERKS MASSAGE WORKS is also featuring**
Kevin M. Berger L.Ac. Dipl. O.M.

Kevin is a Nationally Board Certified in Acupuncture, Herbology and Oriental Medicine by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). He is also a Licensed Osteopathic Acupuncturist and Herbalist in the state of Pennsylvania.

The services he offers include:
- Acupuncture
- Jin Shin Acutouch
- Cupping
- Moxibustion (Heat) Therapy
- Tui Na (Traditional Medical Massage)
- Facial Rejuvenation
- Electro-Acupuncture
- Fertility

For More Information and Pricing
Call (610) 898-0858
Or contact Kevin directly at (610) 504-3473

**Directions**
From 422:
- Turn toward Mull Ave
- Continue onto Van Reed Rd
- Turn left at Snyder Rd
- The McCarthy Engineering Building will be on the right
- Berks Massage Works is located at the center door, behind the flag pole.

From 222:
- Take the Spring Ridge Dr. Exit
- Continue onto Van Reed Rd
- Turn right at Snyder Rd
- The McCarthy Engineering Building will be on the right
- Berks Massage Works is located at the center door, behind the flag pole.

**Phone:** (610) 898-0858
**berksmassageworks@gmail.com**

**BERKS MASSAGE WORKS**

“Working to Keep You Well”

**Hours of Operation:**
- Monday – Friday
  - 10 am – 8 pm
- Saturday
  - 9 am – 4 pm
- Sunday
  - 10 am – 2 pm

**Phone:** (610) 898-0858
**berksmassageworks@gmail.com**
Pregnancy Massage:
Many of the discomforts associated with pregnancy can be alleviated through the appropriate massage techniques. Our specially trained therapists work with the mother-to-be in order to make this time an enjoyable experience.

Reflexology:
This is the ancient practice of working the feet and the hands with acupressure and massage techniques to relieve disorders of the entire body.

Reiki:
Through a series of hand positions, the practitioner channels the universal life force into the client for energy rejuvenation influencing the body, mind, and spirit; it is a very holistic therapy.

Shiatsu:
Traditional Chinese technique that professes the existence of specific energy channels around the body, which are known as meridians. Shiatsu employs acupressure and stretching to these energy channels in order to create a feeling of balance and well being.

Deep Tissue:
A massage form specifically geared to reaching the deeper layers of the musculature. Not only does deep tissue promote relaxation to the deeper muscles, but this specific technique also releases toxins in a more efficient manner.

Lymphatic Drainage:
Involves light pressure to the lymph nodes and vessels helping to boost the immune system, relieve the discomfort of allergies and edema, and reduce stress.

Cranio-Sacral:
Very subtle movement applied to the head and spine to release energy blockages. It’s a great modality for those suffering from migraine headaches, chronic fatigue, and TMJ dysfunction.

Aromatherapy:
A modality that makes use of the extractions oils of plants and fruits that are treasured for their therapeutic effects. An individualized blend is formulated for you.

Heated Stone Massage:
Massage performed using hot (and sometimes cold) stones to alleviate tension while inducing a deep sense of relaxation.

Fire Cupping:
Glass cups are heated with flame, and then placed on the skin. The heat acts as a vacuum to draw skin up into the cup, and massage is then performed using the cup. Very good for stubborn, tight muscles and detoxification.

About Us
Berks Massage Works has a staff of seven experienced and knowledgeable therapists, dedicated to providing you with the highest quality care. Our therapists are trained in a variety of techniques to assist in addressing all your needs related to muscular tension, dysfunction and stress reduction. Medical research has proven Massage Works in treating arthritis, fibromyalgia, insomnia, and postsurgical pain. Massage Works to boost your immune system, improve circulation, concentration and energy level, too.

Our hope is that you get the most out of your experience, whether it’s for relaxation, recovery or both. Your satisfaction and serenity is our main priority. At Berks Massage Works, we’re working to keep you well!

Proud Members of:
Associated Bodywork & Massage Professionals: Advancing professionalism through practice support, ethical standards, legislative advocacy, and public education.

Price List

<table>
<thead>
<tr>
<th>Service</th>
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<th>1-1/2hr</th>
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<tbody>
<tr>
<td>Therapeutic</td>
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<td>Swedish</td>
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<td>Sport</td>
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<td>Soft Tissue Release</td>
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<td>Hot Stone</td>
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<td>$75</td>
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<tr>
<td>Aqua Detox™</td>
<td>$35 or 6 treatments for $170</td>
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<tr>
<td>Fire Cupping</td>
<td>$10 extra</td>
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Therapeutic Massage:
A massage which combines many different techniques to create a routine specifically designed for each individual.

Swedish Massage:
The combined use of the 5 basic massage strokes and stretching to work fatigued, sore muscles and restore range of motion to joints.

Sports Massage:
This massage is designed for the athletic individual and for the weekend warrior. A sports massage focuses on preventing injury and increasing performance. It’s excellent during training and before/after an athletic event.

Soft Tissue Release:
This is a quick and lasting way to treat sore or injured muscles with applied pressure and stretching.