



Pause & Unwind

Mobile Massage Service

022 648 7280

Hi, I'm **Debbie Rohlandt**, an internationally qualified massage therapist and I would like to offer you my services.

"Therapeutic massage is effective because it is pro-biotic: it assists the normal functioning of the body and provides an emotional safety valve to reduce anxiety that health problems can provoke."

- Stewart Mitchell

All you need to provide is a warm and peaceful room and access to warm water; I will bring and do the rest. You can just: *"Pause and Unwind."*

My client base is in the Central /North Auckland region.
(prices may change when outside 30min zone)

Treatments can be adjusted to suit your needs.

Gift vouchers are available.

Recommend me to a friend and get a discount on your next visit.

Treatments Available

(Consultation time is not included in your treatment)

No frills massage (60/90min) \$90/\$120

A full body oil massage.

Full body pamper (90min) \$120

A foot spa followed by a deeply relaxing oil massage.

Deep tissue back, neck, shoulder massage

(60min) \$90

An oil massage, that focuses on problem areas on the back, such as neck, shoulders and lower back. (45min)

Foot spa with leg and foot massage (60min) \$90

"A deluxe pamper for those hard working soldiers."

If you already know about the benefits of massage or would like to be pleasantly surprised at how good it is, give me a call.

Thank you, **Debbie**

