

Mission Statement



To provide a therapeutic massage with the best intention for my client, based on the individual needs of their body. I will do so with respect and integrity, always having the privacy of the client in mind.

We believe the whole aspect of the body: the body, mind and soul, can benefit from massage. By relaxing and freely receiving, you can balance the body in a more natural and healthy way, allowing yourself to "just be" for that time.

"Our bodies communicate to us clearly and specifically if we are willing to listen." -Shakti Gawain

Retail Products Available

Aromatherapy oils

Starting at \$5.00 per .05 ounces

Unscented and scented lotions

Starting at 10.00 for 6 ounces

Calming music cd's

Variety to choose from, starting at just \$9.99!

Gift Certificates available

Battle Creek Location
21 Minges Creek Place
Battle Creek MI 49015
Inside the
Miges Creek Athletic Club

Unwind
Massage Studio

Tracy Shirk-Rombaugh
Certified Massage Therapist

269-209-4719

About our Business...



Unwind is a new business that I have started and I have finally found something that I love to do! Massage has opened up my eyes to a whole other world that will help people! At Unwind, we strive to have a satisfied client every time. We personalize every experience to the clients needs, leaving them feeling refreshed and able to relax and just breathe. We have a variety of techniques that we offer, so there is definitely something for everyone to enjoy!

~Tracy

Couples Massage

Couples relax and rejuvenate together. Enjoy the pleasure of each others company in the same room while individually receiving your own therapeutic massage. What a great spontaneous gift for that special occasion, or just for the fun of it!

30 minutes \$90.00 60 minutes \$ 140.00

90 minutes \$190.00

Hot Stone Massage

A piece of heaven. Heated basalt stones and warm oil are applied to the body for a deep relaxation massage, relieving tension and stress, while the direct heat relaxes muscles and allows for manipulation of a greater intensity, than the more traditional Swedish massage.

60 minutes \$75.00

Prenatal Massage

Pamper yourself while being pregnant. This massage offers a comfortable side lying position, that alleviates pressure of the spine, backaches, and also reduces edema, and exhaustion. Treat yourself to this unique and special time in your life, you'll be glad you did!

60 minutes \$75.00



Swedish Massage

What a great way to relax and let go of the stress and tension in your life. It involves various techniques using effleurage, long slow strokes, or petrissage, shorter smaller strokes with grasping, lifting, kneading or circular movements on superficial layers of muscle using lotion or oil on the skin. Unwind those tired muscles, increase your circulation, and increase your range of mobility. This is a wonderful anxiety reliever.

30 minutes \$30.00 60 minutes \$ 60.00
90 minutes \$90.00

Chair massage

Don't have time for a full session of massage? Come in for a fully clothed session and run away from the office for 15 to 30 minutes. What a great way to escape!

15 minutes \$15.00 30 minutes \$ 30.00

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