

Some of our specialties

Swedish Massage

General relaxation massage for anyone looking to just relax and unwind.

Hot Stone Massage

Relax and unwind with a soothing Hot Stone Massage. Heated, natural, smooth stones are used in conjunction with the therapist's hands to massage your muscles. A Hot Stone Massage stimulates yet deeply relaxes your body.

Therapeutic Massage (NMT)

A therapeutic massage focuses on deeper layers of muscle tissue and their attachment points aiding the body in the prevention and alleviation of pain, discomfort, muscle spasm, and stress. It also improves the functioning of the circulatory, lymphatic and nervous systems. It also increases overall range of motion.

Prenatal Massage Therapy

For those of you who are pregnant or thinking of becoming pregnant, massage offers far-reaching and multi-dimensional beneficial influences.

During pregnancy:

- Reduces stress, promotes relaxation, and facilitates transitions through emotional support and physical nurturing.
- Reduces edema and blood pressure, relieves varicose veins, and increases blood and lymph circulation.
- Reduces musculoskeletal strain and pain

Portions from [Pre and Perinatal Massage Therapy](#)
by Carole Osborne Sheets

Lomi-Lomi Hawaiian Massage

An ancient, Hawaiian Healing Art, with flowing forearm movements to help relax and unwind with a touch of Hawaiian culture.

Lymphatic Massage

A lymphatic massage encourages the flow of the lymphatic system, and the cleansing process that follows, while aiding in strengthening the body's resistance to disease. Recommended at the change of each season.

Massage, when applied by a professionally trained massage practitioner, reduces the severity of injuries, reduces the recovery time, and when used regularly, actually decreases the likelihood of injury.

Visit us Online

Come visit A Touch of Heaven anytime at

www.atouchofheavenwisconsin.com

At our website, you'll find helpful massage articles and other resources as well as more information on our facility.

While visiting, you may purchase A Touch of Heaven gift certificate online and print it immediately for the gift that always fits ... perfectly!

And remember to sign up for our e-newsletter for timely news, tips and special offers from ATOH!



**A TOUCH OF
HEAVEN, INC.**
Massage Therapy

Sara
Schubert

Massage Practitioner
262.707.7234 Cell Phone

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A Touch of Heaven is conveniently located in the heart of historic downtown Cedarburg. Sara Schubert graduated from Blue Sky School of Professional Massage and Therapeutic Bodywork, in Grafton, WI. With training in Swedish Relaxation Massage, Lomi-Lomi Hawaiian Massage, Neuromuscular Therapy, Mother's Massage, Sports Massage, Foot Reflexology and Hot Stone Massage, Sara incorporates a variety of techniques during a treatment, each session is customized to the individual clients' needs. Our facilities are located on the first floor and are handicap accessible.

Sara is a member of The American Massage Therapy Association. She additionally holds a BA in Kinesiology, the study of human movement, and her background brings a personal touch to her therapy.



Sara Schubert
Massage Practitioner



Massage is much more than pampering. It's health maintenance.

Pricing

All services are by appointment only; please call ahead. Request special services when making appointment.

30 Minute Session	\$40
60 Minute Session	\$60
60 Minute Hot Stone	\$70
90 Minute Session	\$80

Prices subject to change. Package prices available.

All sessions are a FULL 30, 60, or 90 minutes long.

Cancellation Policy

Our time together is important. Unless there is an emergency, it is requested that you cancel your appointment 24 hours in advance or pay the missed appointment fee in full.

Gift Certificates

Gift certificates are available for all services online at www.atouchofheavenwisconsin.com, or give us a call.

First-time Clients

I invite you to sample A Touch of Heaven's services with this special gift certificate! Save \$10 off a 60 or 90-minute massage. I look forward to welcoming you!

Referrals

Refer a friend and receive a discount off your next massage.

