



Appointment Hours

SUNDAY

Closed

MONDAY

MASSAGE THERAPY

YVONNE LONG: 2:30PM* 4:30PM
6:00PM****

***30, 60 or 90 minutes sessions available
30 or 60 minutes sessions available only

TUESDAY

MASSAGE THERAPY

**CHRISTINE SWINSON: 9am, 11am, 1PM*
YVONNE LONG: 2:30PM* 4:30PM**
6:00PM****

***30, 60 or 90 minutes sessions available
30 or 60 minutes sessions available only

WEDNESDAY

MASSAGE THERAPY

**CHRISTINE SWINSON: 9am, 11am, 1PM, 3PM*
YVONNE LONG: 2:30PM* 4:30PM**
6:00PM****

***30, 60 or 90 minutes sessions available
30 or 60 minutes sessions available only

THURSDAY

MASSAGE THERAPY

**CHRISTINE SWINSON: 9am, 11am, 1PM*
YVONNE LONG: 2:30PM* 4:30PM**
6:00PM****

***30, 60 or 90 minutes sessions available
30 or 60 minutes sessions available only

FRIDAY

MASSAGE THERAPY

**CHRISTINE SWINSON: Available 3PM, 5PM*
*30, 60 or 90 minutes sessions available**

SATURDAY

MASSAGE THERAPY

**CHRISTINE SWINSON : Available 9am, 11am,
1PM, 3PM*
*30, 60 or 90 minutes sessions available**

AVAILABLE NOVEMBER 7TH AND 21ST ONLY

REMEMBER YOUR 3 Ws:

- WEAR A MASK
- WAIT AT LEAST 6' FROM OTHER PEOPLE
- WASH YOUR HANDS



*True thanksgiving means
that we need to thank
God for what
He has done for us,
and not to tell Him what
we have done for Him.*