



TOTAL HEALTH
massage & fitness

**Our Mission at
Total Health Massage and Fitness
is to provide a relaxing, professional
atmosphere for our clients to escape
while experiencing a high quality
massage or service.**

We take pride in providing our clients with personalized service to meet their specific needs, while providing education that enables them to "live life to its fullest."

Thank you for your interest in Total Health Massage & Fitness. We are more than your average "massage clinic". Our therapists are all trained and dedicated to make your experience the best possible.

We have an esthetician on site and offer ear candling as well.

If you have any concerns, insights or questions, don't hesitate to let me know. We are here to help you achieve the best lifestyle possible.

Charity Tucker, ATC, CMT
Owner & Therapist





"When I came here I had trouble driving. My right leg would ache just being on the gas pedal. I also had trouble with my shoulder. My leg trouble is gone and my shoulder that has bothered me for 20 years or more is great."

—Robert Skyles

"I highly recommend this to anyone who is hurting, needs to unwind or escape from pain. Wonderful staff and a wonderful caring environment!"

—Melodie Mauldin

Total Health Massage & Fitness, LLC Services & Prices

One hour Massage -

\$55.00

Includes:

- Relaxation
- Tension Release
- Deep Tissue
- Maternity Massage
- Sports Massage
- Lymphatic Drainage
- Accu-pressure
- Trigger Point Therapy
- Myo Facial Release
- Oncology

One hour and 30 minutes -

\$82.50

Includes:

The services listed above
Hot Stone * a minimum of
1 hour 30 minutes

Two hour massage -

\$110.00

Ion Detox Footbath -

\$30.00 (or 6 for \$150.00)

Takes 30 minutes
If combined with
Lymphatic massage,
the cost is \$25.00

Flexibility Sessions -

\$25.00 (30 Minutes)



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*we accept credit cards,
offer gift certificates*



208-378-1517

Hours

Monday – Friday 9:00 to 6:00
Saturday 10:00 – 3:00
(or later by appointment)

4822 N Rosepoint Way, Suite B
Boise, ID 83713

www.totalhealthmassage.com