

Stress occurs for many reasons....Massages are good for any season (1308 S fort cro



Location **Iowa**
<https://www.genclassifieds.com/x-379671-z>

1308 S fort crook rd
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 Itza Salon & Day Spa (402) 991-7750 : Open 7 Days a week by appointment.











The Benefits Of Massage

What exactly are the benefits of receiving massage or bodywork treatments? Useful for all of the conditions listed below and more, massage can:

- * Decreased anxiety.
- * Relieves mental and physical STRESS.
- * Enhanced sleep quality.
- * Greater energy.
- * Improved concentration.
- * Increased circulation.
- * Reduce fatigue.

We at Itza Salon and Day Spa offer a variety of massages from LICENSED MASSAGE THERAPIST'S including:

- * Swedish
- * Warm Oil Massage- Great for Winter!
- * Prenatal

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