

margaret belton, cmt

MASSAGE THERAPY

Specialties: Swedish,
Deep Tissue,
Trigger Point Release



- * strengthens the immune system
- * speeds the recovery process of injuries and illnesses
- * improves flexibility and range of motion
- * improves posture
- * relieves headaches
- * decreases inflammation
- * increases body awareness
- * lowers blood pressure
- * calms the nervous system
- * promotes physical, emotional, and spiritual well-being

1 hr. \$85


1.5 hr. \$127

2 hr. \$160

Conveniently located at
Trestman Chiropractic

2333 Market St
(between 16th St & Noe St)
San Francisco, CA 94114

To schedule an appointment

 (415) 948-4119