

# A MOMENT OF WELL-BEING AWAITS

Congratulations! You have received the precious gift of a wellness experience with the AXO Method, a massage treatment that combines techniques inspired by osteopathy, passive and active stretching, and lymphatic drainage.

## WHAT TO EXPECT

The AXO Method aims to provide you with the following benefits:

**DEEP RELAXATION** : AXO massage techniques are designed to release muscle tension, promoting deep relaxation of the body and mind.

**IMPROVED CIRCULATION** : Osteopathic scooping and other techniques used in the AXO Method help enhance blood circulation, improving tissue oxygenation.

**STRESS REDUCTION** : AXO massage stimulates the release of endorphins, the "feel-good hormones," which helps reduce stress and improve mood.

**MUSCLE FLEXIBILITY** : Passive stretching included in the AXO Method promotes greater muscle flexibility, preventing injuries and improving mobility.

**BODY REALIGNMENT** : Osteopathic scooping helps realign soft tissues, promoting better posture and optimal body function.

**LYMPHATIC DRAINAGE** : Lymphatic drainage stimulates the lymphatic system, aiding in the elimination of body toxins and promoting better overall health.

**OVERALL WELL-BEING** : By addressing multiple aspects of physical and mental well-being, the AXO Method offers a comprehensive experience aimed at balancing the body as a whole.

**DEEP MUSCLE RELAXATION** : Specific movements of the AXO Method induce a dynamic release of tissues, providing deep muscle relaxation.

**IMMUNE SYSTEM STIMULATION** : By enhancing blood and lymph circulation, the AXO massage helps strengthen the body's immune response.

**ADAPTABILITY**: The AXO Method adapts to each individual's morphology, offering a personalized approach to meet specific needs.

## HOW TO REDEEM YOUR GIFT CARD

1. Contact your therapist ..... on .....
2. Present this gift card at your appointment.
3. Relax and enjoy the therapeutic journey of the AXO Method.

Discover a new dimension of well-being with the AXO Method!  
The AXO Method Team



## GIFT CARD

TREATMENT OFFERED : .....

FOR : .....

FROM : .....

TO BE USED BEFORE .../.../...

**AXO** *method*  
REGENERATING HEALTH