

Built2Perform

Optimize | Rejuvenate | Recover



FASCIAL STRETCH THERAPY (FST) is an assisted manual stretch technique that focuses on:

- **ELONGATING**
- **REALIGNING**
- **BALANCING.**

Connective tissue in the body!

IMPROVE YOUR QUALITY OF LIFE

Fascial stretch therapy is a pain free full body therapy, designed to target functional groups of tissues, exploring range of motion and proprioceptive neuromuscular facilitation to help train mind and body!

BENEFITS OF FST INCLUDE:

- Increase Range of Motion.
- Relieve Pain (back, hip, neck, shoulders and more!).
- Relieve Tightness
- Increase Athletic Performance
- Prevent Injuries
- Improve Sleep
- MUCH MORE!!

New Client Package Deals!

- *60 minute sessions
 - *3 session package \$225.
 - *5 session package \$325. (1 time deal only!).
- ### January Deals!
- *10% off the purchase of any 8 session package.



Chelsea Rojas CFST, EP

Eric VanTine CFST, MAT

Built2Perform.NJ@gmail.com

Phone: 973-433-6698

Prices and Package deals

30 minute sessions:

1 session \$50

5 session package \$225

8 session package \$335

12 session package \$480

20 session package \$700

60 minute sessions:

1 session: \$90

5 session package \$425

8 session package \$640

12 session package \$930

20 session package \$1,440