

Z Treatment offers the following services

- LONG TERM MUSCLE TREATMENT PROGRAMS
 - 1-4 MONTH OPTIONS AVAILABLE
 - Maintenance rates post-treatment program
- SPORTS MUSCLE THERAPY
- DEEP TISSUE MUSCLE THERAPY
- PRENATAL MUSCLE THERAPY
- ESSENTIAL OIL APPLICATION
- LOYALTY PROGRAM

See what others are saying about Z Treatment

"After the first treatment, I knew this was different from massages I've had in the past."

"My doctor told me surgery was the only option. Then I started seeing Zech. I've never felt better, and no expensive surgery needed."

"It's just fixed. My pain is gone. Literally the tightness, the stiffness I've had for 5 years is gone. I'm just thrilled."



RENEW • RESTORE • RECOVER



A BETTER WAY TO TAKE CARE OF YOUR MUSCLES

WWW.ZTREATMENT.COM

What is Muscle Therapy?

Whether from a lifetime of use, athletics and weight lifting, or in response to a traumatic accident, our muscles have been trained to respond, react, and even rest a certain way. Muscle therapy, through advanced massage techniques, retrains your muscles and allows your body to reach true peak performance.

Why ZTreatment

ZTreatment is a better way to take care of your muscles.

- Promote quicker recovery
- Prevent expensive surgery
- Maintain flexibility
- Treat old injuries
- Retrain muscles
- Improved overall health
- Increase longevity
- Trauma & accident recovery
- Restore lost mobility
- Address chronic pain



MEET ZECHARIAH STAKE

Zech was first introduced to massage in Thailand, where he then began his training. Shortly after, Zech returned to Sioux Falls and trained at the South Dakota School of Massage. He has 16 years of experience, specializing in deep tissue, sports, and prenatal muscle therapy. He has worked in chiropractor's offices, as the trainer at Avera's Fitness, Cancer, and Women's Center, and as Lead Therapist at Massage Envy.

Zech currently resides south of Sioux Falls with his wife and 6 children.

ZTreatment FAQs

How does ZTreatment work?

-ZTreatment offers individual appointments, but the treatment plans are where the restoration can really take place. Clients schedule an initial appointment and then can purchase treatment packages based on their body's needs or their desired visit frequency.

How do I schedule?

-You may call or text Zechariah at the number below, or visit the website for online scheduling

Does ZTreatment take insurance?

-Some insurance companies provide massage as a benefit. You will need to pay upfront, and we can provide paperwork for you to submit for reimbursement from your insurance company. Please check with your policy before scheduling

SCHEDULE AN
APPOINTMENT
TODAY!

605-595-1434
4201 S Minnesota Ave
Sioux Falls, SD 57105
www.ztreatment.com