

MASSAGE THERAPY SERVICES

Physical benefits: Relieve stress, muscle tension and stiffness · Calm muscle spasms related to low back pain · Enjoy relaxation with deeper, easier breathing · Experience greater range of motion · Relieve tension-related headaches

Mental benefits: Relieve mental stress · Reduce anxiety · Increase awareness of mind-body connection · Enjoy relaxed state of mental alertness and greater sense of well-being

Swedish Massage

This traditional massage is the most relaxing. Swedish Massage is used to increase circulation and reduce muscle soreness and tension, leaving you in complete relaxation.

	Member	Non-member
30 minutes	\$35	\$40
60 minutes	\$55	\$65
90 minutes	\$83	\$99

Deep Tissue Massage

This type of massage is more intense than traditional massage. It is designed to go deeper into muscles and connective tissue to work out “knots” and improve flexibility and normal movement.

	Member	Non-member
30 minutes	\$45	\$50
60 minutes	\$70	\$83
90 minutes	\$105	\$119

Sports Massage

Physical activity puts stress and tension on the body’s soft tissues. Sports Massage combines different massage techniques to relieve swelling, reduce muscle tension, promote flexibility and help prevent injuries. Originally designed for athletes, sports massage has proven useful for anyone with chronic pain, injury or range-of-motion issues.

	Member	Non-member
30 minutes	\$45	\$50
60 minutes	\$70	\$83
90 minutes	\$105	\$119