



## MASSAGE THERAPY

Massage is more than just relaxing, studies continue to prove the physical and emotional benefits of even a single massage therapy session. Some benefits of massage are: relieves stress, relaxes muscles, improves flexibility, helps manage pain, improves postures and circulation and improves rehabilitation after injury.

### Services Offered

- Cranio-Sacral
- Deep Tissue
- Hot Stone Therapy
- Lymphatic Drainage
- Medical Massage
- Myofascial
- Neuromuscular
- Pregnancy
- Sports
- Swedish/Relaxation
- Trigger Point

### Price

60 mins - \$55

**To schedule an appointment or more information,  
please contact your local fitness center.**

*All massage therapists are certified and trained  
in various different massage techniques.*