

Therapeutic Massage @ the Club



Menu of Services

Deep Tissue Pfrimmer Massage targets the deeper layers of muscle and connective tissue using frenetic strokes or friction techniques across the grain of the muscle. Deep tissue massage is used for chronically tight or painful muscles, repetitive strain, postural problems, or recovery from injury. People often feel sore for one or two days after a deep tissue massage.

Sports Massage is specifically designed for people who are involved in physical activity, but you don't have to be a professional athlete to have one. It's also used by people who are active and work out often. The focus isn't on relaxation but on preventing and treating injury and enhancing athletic performance.

Massage is good for relaxation and stress relief. Arthritis and chronic pain clients can benefit from regular massage therapy.

Call or stop in for an appointment

	<u>Member</u>	<u>Non-Member</u>
30 minutes	\$45	\$50
45 minutes	\$55	\$60
60 minutes	\$70	\$75
4-Pack 60 minutes (Save 10%)	\$252	\$270



765-640-8077