



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# REJUVINATING, SOOTHING, THERAPEUTIC

## MASSAGE THERAPY BRISTOL FAMILY YMCA



### WHY MASSAGE THERAPY?

Massage therapy may be utilized as a part of your overall wellness and a great way to promote relaxation, alleviate stress, and energize your senses. It also helps relieve pain, heal injuries, improve circulation, and address health conditions. Done regularly, massage can provide immediate and cumulative benefits that will leave you feeling better.

### MASSAGE THERAPIST

Rick Hale  
Licensed Massage Therapist

### AVAILABLE HOURS

Monday, Tuesday, Thursday  
Monday & Thursday: 9am – 6pm  
Tuesday: 9am – 5pm  
Please call 423-968-3133 or inquire at the Member Service desk to schedule an appointment.

### SWEDISH MASSAGE

This addresses the topmost layers of muscles with soft, long kneading strokes along with light, rhythmic tapping. It can be slow with light pressure, or vigorous with greater pressure, muscle tissue is warmed up, releasing tension and gradually break up uncomfortable “knots.”

### DEEP TISSUE MASSAGE

Focus is on realigning the deeper layers of muscle and connective tissue that have stuck together to form “knots.” It is especially helpful for chronically tense and contracted areas such as stiff necks, low back tightness, and sore shoulders. Some of the same strokes are used as in a Swedish massage, but the movement is slower and the pressure is deeper and concentrated.

### CHAIR MASSAGE

A style of seated massage that is 15 minutes, and focuses on your back, shoulders and neck and arms. Chair massage is done over clothes and doesn't require any massage oil.

### AROMATHERAPY\*

The therapeutic use of aromatic plant oils, including essential oils, blended with massage lubricants for the purpose of enhancing psychological and physical well-being.

**\*Disclose any and all allergies to your massage therapist before the use of aromatherapy.**

### HOT TOWEL THERAPY

The therapeutic use of hot towels placed at specific sites on the body promoting muscle relaxation for a more comfortable experience.

### TOTAL INTEGRATION

During your session, your massage practitioner will employ any of the aforementioned therapies utilizing the tools and skills necessary to achieve desired results. Including Myofascial Release, Sports Massage, and Cupping.

### PRICING

15 minutes (chair)	Bristol Y Member \$15/Non-Member \$25
30 minutes	Bristol Y Member \$30/Non-Member \$40
60 minutes	Bristol Y Member \$50/Non-Member \$60
90 minutes	Bristol Y Member \$70/Non-Member \$85

Nationwide Members pay the Non-Member rate

### BRISTOL FAMILY YMCA

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