



REJUVENATING, SOOTHING, THERAPEUTIC

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LICENSED MASSAGE THERAPIST

Rick Hale

WHY MASSAGE THERAPY?

Massage therapy does more than make you feel good; it actually helps your body achieve balance and health! During your session, our massage therapist will utilize various therapies and skills to achieve your desired results.

Including:

- myofascial release
- hot towel therapy
- aromatherapy
- sports massage
- kinesiology taping
- heated bamboo stick massage



CHAIR MASSAGE

A type of seated massage that is 15 minutes, and focuses on your back, shoulders, neck and arms.

SWEDISH MASSAGE

This is a relaxing, full-body massage, that aids circulation and soothes tight and tired muscles. Releases tension leaving you with a feeling of well-being.

DEEP TISSUE MASSAGE

Perfect for those who prefer a more therapeutic massage which allows tight, overused muscles to loosen and relax completely. Especially helpful for neck, lower back and shoulder stiffness.



PRICING

15 minutes • (chair) Member \$15/Potential Member \$25

30 minutes • (chair or table combination) Member \$30/Potential Member \$40

60 minutes • Member \$50/Potential Member \$60

90 minutes • Member \$70/Potential Member \$85

Nationwide Members pay the Potential Member rate



HOURS

Monday: 9am – 6pm

Friday: 9am – 3pm

