Massage Methods

Swedish Massage • Long, calming strokes are used to promote deep relaxation.

Therapeutic Massage • Helps with pain relief, injury recovery, muscle soreness. Medium pressure used to stretch and strip muscles.

Deep Tissue Massage • Utilizes manipulation of the soft tissue and helps to relieve adhesions and sore, misaligned muscles.

Pregnancy Massage • In side lying position a Swedish style pregnancy massage is performed. Special considerations taken for this massage.

Hot Stone Massage • Basalt rocks are heated and placed on the body, while other rocks are used to massage at desired depth.

Trigger Point Therapy • A technique used to help decrease knots by applying pressure to the affected area leading to immediate release of tension.

PNF Stretching • A therapy that facilitates more flexibility in any joint or muscle by 10% to 100%. This is done by an assessment of range of motion, massage and stretching.

Massage THERAPY

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Benefits of a Massage

- Performance enhancement
- Release of toxins and lactic acid
- Injury prevention
- Relaxation
- Stress reduction
- Lower blood pressure
- Pain relief

Rates

30 Min. Massages $25
60 Min. Massages $50
90 Min. Massages $75
60 Min. Stone Massage $60
(Hot Rock Therapy)

Birthday Special

One hour massage for only $40
(During the week of the birthday)

Locations

14 Area Fitness Center
Bldg 14013, Mainside
(760) 725-5941

O'Neill Fitness Center
Bldg H-94
(760) 725-1366

22 Area Fitness Center
Bldg 22160, Chappo
(760) 725-3163

21 SMP Recreation Center
Bldg 21704, Camp Del Mar
(760) 725-2019

For appointments

(760) 763-4070

Massage Therapy Cancellation Policy

If the customer is unable to keep an appointment, the customer shall notify the therapist of cancellation 24 hours prior to the scheduled date. The therapist has discretion to charge the customer a $15 cancellation fee in connection with the scheduled 30 min massage and $25 cancellation fee in connection with all other scheduled massages.

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Massage THERAPY