



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.

LOCATIONS

14 Area Fitness Center
Bldg 14013, Mainside
(757) 515-2151

22 Area Fitness Center
Bldg 22160
(818) 621-3349

O'Neill Fitness Center
Bldg H-94
(410) 852-8527

MCAS Fitness Center
Bldg 2369
(760) 845-4922

21 SMP Recreation Center
Bldg 21704, Camp Del Mar
(760) 845-4922

RATES

30 Min. Massage - \$25
60 Min. Massage - \$50
90 Min. Massage - \$75
60 Min. Hot Stone Massage - \$60

Birthday Special

(During the week of the birthday)
60 Min. Massage - \$40

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.