

USAG BAVARIA
SPORTS & FITNESS

Massage Program

A close-up photograph of a man lying on his side on a massage table, eyes closed in a state of relaxation. A therapist's hands are visible, using a black massage tool to work on the man's back. The scene is brightly lit, creating a warm and soothing atmosphere.

STRESS

A remedy proven through the ages, with clinical results for blood pressure, muscle tone and chronic pain.

DESK JOB

Are you suffering from sitting at the desk all week and not getting out because of the weather? Do you ache from hours of working on a computer?

OVER TRAINING

Pay your muscles back for working so hard for you and they can work even harder. Soft tissue injuries and flexibility problems can sometimes be completely resolved by manual therapy and self-care.

THERAPEUTIC MESSAGES

PROBLEM SOLVER: \$35/\$65/\$95

(Deep Tissue with Manual Therapy)

Enhances the circulatory system throughout the body, knot dissolving, muscle easing bodywork. Includes joints and spine mobilization with muscle energy techniques, trigger points resolution and myofascial release. 30/60/90 min.

SPORTS MASSAGE: \$75

Combination of massage, mobilization of joints and stretching. Performance tune-up and encourage muscle repair and reduce inflammation and trigger points release. 60 min.

SWEDISH MASSAGE WITH AROMA OIL: \$35/\$65/\$95

Rhythmical and slow movements for relaxing and relieving stress. Enriched with special balanced aroma oil the excellent effect of classical massage let it clearly deepen. 30/60/90 min.

PREGNANCY MASSAGE: \$70/\$100

Uses specific cushions to help the mom to be fully relaxed. Help reduce swelling, ease fatigue and relieve the discomforts of pregnancy. 60/90 min.

For therapeutic massages, as a prepared procedure for warming up the back muscles, can be used warmth heat pack, filled with nature moor (heated up in water heater) or as gentle alternative infrared spotlight.

Coming Soon: Traditional Thai Massage

CUPPING MASSAGE WITH DETOXING OIL: \$30/\$60

Intensified blood circulation to the tissue and stimulates lymph flow, which has a positive effect on metabolism (detoxification), the immune system and can also reduce cellulite on problem zones. The cupping massage is indicated in case of chronic muscle and joint diseases and different pain syndromes. 30/60 min.

REFLEXOLOGY: \$50

(Feet or Hands)

Reflexology treatment applies pressure to reflex points on the feet and hands that corresponds to specific parts of the body to promote a total well-being and restore the body's natural balance. It promotes relaxation, improves circulation and relieves nerve tension allowing the body to heal itself (avoid eating heavy meal before service). 45 min.

CHAIR MASSAGE: \$1 PER MIN./10 MIN. MINIMUM

Appareled in a sitting position on a massage chair neck, shoulders, arms and lower back can be manipulated with massage, movements and stretching with hands or forearms in a variety of ways.

PHYSICAL THERAPIES

MEDICAL COACHING THERAPY: \$65

After injury or surgery helps to mobilize joints, allay pain and muscle training. 60 min.

DECONGESTIVE PHYSIOTHERAPY:

\$35/\$50/\$65

(Manual lymphatic drainage)

Help to decongest edema after injury or surgery, hematoma, bruising, lymph edema, libedema and chronic venous insufficient or rheumatic congestion. 30/45/60 min.

CRANIO SACRAL THERAPY: \$65

Releases restrictions in the cranio sacral system which surrounds the brain and spinal cord. This light touch therapy improves the central nervous system and strengthen resistance to disease. 60 min.

Coming Soon:

Fascia Therapy

Kinesiology Taping

New!

HOCK-DORN-METHOD/THERAPY WITH MASSAGE: \$85

Hock-Dorn-Method is a manual procedure which with simple hand movements pelvic obliquities, contortion of joints and vertebrae in the preoperative position will be located and treated. The method is best in combination with subsequent massage. 90 min.

New!

EAR ACUPUNCTURE WITH ELECTRICAL STIMULATION: \$40

The ear point is different in its function from the somatic point. It is clearly linked to the disease. The auricular points exhibit reduced electrical resistance. The greater the fall in resistance, the more pathological is the point. Leading indications are ordinary pain, severe pain or chronic pain can be effectively relieved. Pain can be also prevented. 20 min.



WELLNESS TREATMENTS

HOT STONE MASSAGE: \$90/\$120

The Hot Stone Massage is a specialty massage where the therapist uses smooth and natural heated basalt stones (heated up in water heater) as an extension to their own hands and by placing them on parts of the body and preheat special oil. The heat can be both deeply relaxing and help warm up tight muscles so the therapist can work more deeply, more quickly. Combined with a facial mask during massage the wellness will be perfect. 60/90 min.

HERBAL STAMP MASSAGE: \$90/\$120

Herbal Stamps are heated through steam and preheats special oil pamper the skin and pressure of a herbal stamp massage generates an exquisite feeling through relaxation. The massage unites all of the advantages of a massage with warmth and healing effect of the herbs. A herbal stamp massage is a well-known traditional thermal treatment which pampers the body with special herb blends and specific massage techniques. Combined with a facial mask during massage the wellness will be perfect. 60/90 min.

DISCOVER THERAPEUTIC MASSAGE FOR GREATER HEALTH!

Therapeutic massage and bodywork are professional health services for people wanting to increase their mental and physical productivity. Bodywork usually indicates that the practitioner is trained in several modalities of massage and other medically relevant subjects. Therapeutic massage and bodywork takes place in a quiet room in indirect lighting and a safe, relaxing atmosphere. Our massage therapists are state or nationally certified!

Modesty is absolutely respected and preserved. Gym shorts or undergarments are recommended for sports massage options, due to stretching and diagnostic movements. The therapist uses hands, forearms, massage cups or fascia cups, warm basalt stones or warm herbal stamps, or wooden stick (triggerpoint) to manipulate muscle tissue in a variety of ways, from slow and sweeping to gentle pressure to gentle rocking or quite vigorous strokes to increase blood flow and relaxation. Myofascial work can be intense, but effective and this is always controlled by the receiver. Gentle stretches and complementary movements help resolve stiffness, increase flexibility and reduce circulation problems. The massage therapists always uses special creams, ointments, liquids and oils based on 100% natural ingredients.

PROVEN BENEFITS

*Stiff neck
Nervous disorders
Overtraining
Old injuries
Fibromyalgia
Whiplash*

*PMS
Leg and foot cramping
Thoracic outlet syndrome
Repetitive use injuries
Greater energy
Alertness*

*Better sleep
Release of toxins
Boosts immune system
And much, much more!*



Therapeutic massage available by appointment only. Call for availability.
Appointments are secured by payment, minimum 24 hours in advance of desired appointment time.
Call or visit your fitness center for more information.

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