

BOOKING

Services require appointments.

Walk-ins are welcome upon availability.

Appointments can be made at the front desk or by phone.

CANCELLATION POLICY

No charge will apply if canceled 24 hours before the appointment.

A 50% charge will occur if cancellation is made

within 4 hours of the appointment.

A full charge of service will result with failure to show for appointment.

GIFT CERTIFICATES AVAILABLE FOR ALL SERVICES



JESSE L. WILLIAMS FITNESS CENTER
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ROSE BARRACKS

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WWW.GRAFENWOEHR.ARMYMWR.COM

U.S. ARMY
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USAG BAVARIA
SPORTS & FITNESS

REVEL INDULGE DELIGHT

MASSAGE PROGRAM

DISCOVER MASSAGE FOR GREATER HEALTH



MASSAGE THERAPY

SWEDISH

Targets deeper layers of muscle relaxation.

45 minutes – \$50

60 minutes – \$65

90 minutes – \$80

DEEP TISSUE

Technique using long slow strokes with firm pressure to target deeper layers of muscle tissue, tendons and fascia to reduce chronic muscle tension.

45 minutes – \$60

60 minutes – \$75

90 minutes – \$95

PRENATAL MASSAGE

Specifically tailored to the needs of pregnant women and their changing bodies. It will improve circulation and mobility and just make you feel good.

60 minutes – \$70

QUICK FIX MESSAGE

Deep tissue massage that works on one problem area that needs a quick muscle or joint tension relief.

30 minutes – \$30

HEAD, HANDS & FEET

To encourage relaxation and foot scrub.

60 minutes – \$65

HOT STONE MASSAGE

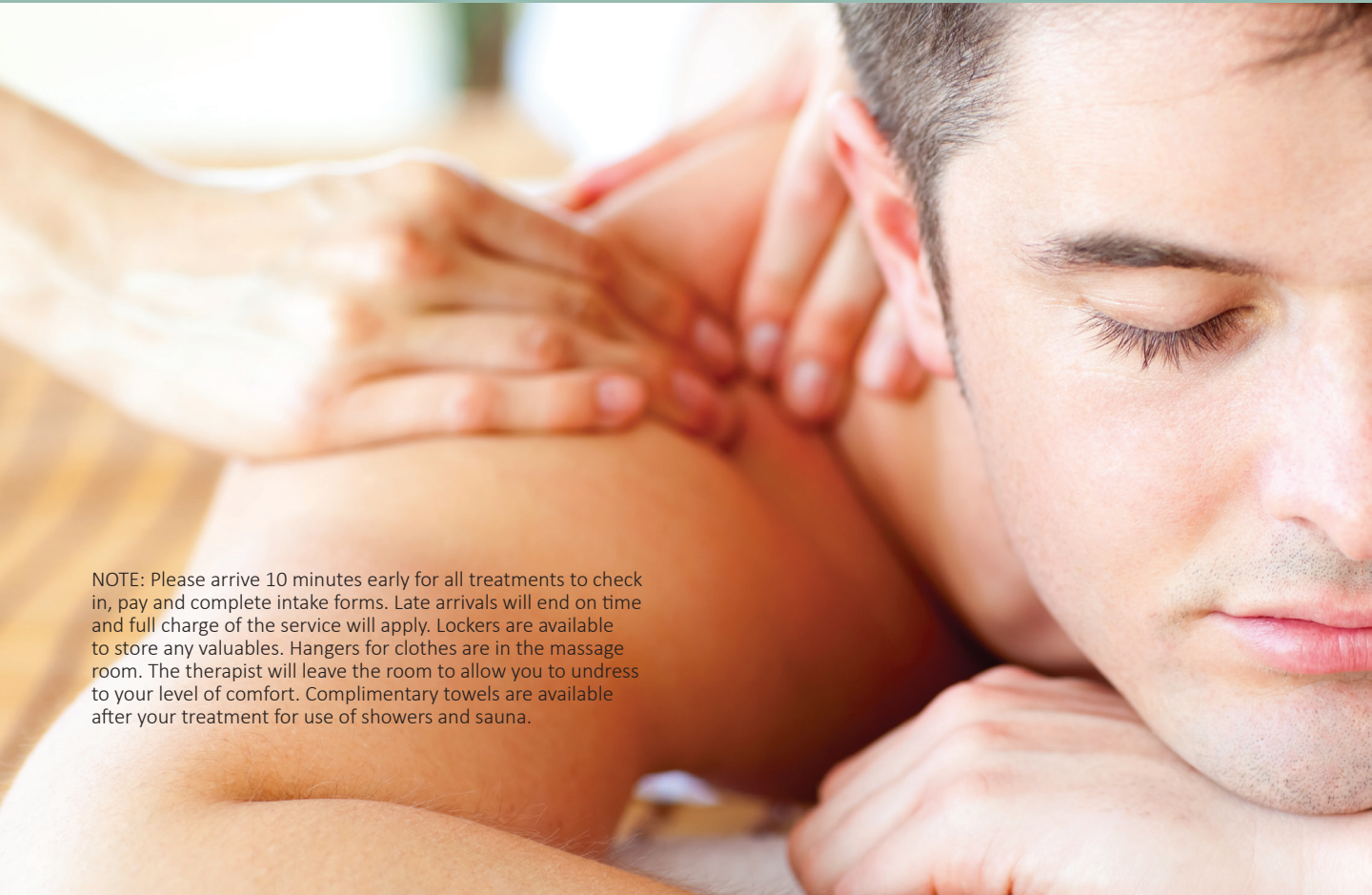
An ancient form of therapy which uses smooth, heated stones. The heat can be deeply relaxing and help warm up tight muscles.

60 minutes – \$80

90 minutes – \$100

SCALP MASSAGE

30 minutes – \$25



NOTE: Please arrive 10 minutes early for all treatments to check in, pay and complete intake forms. Late arrivals will end on time and full charge of the service will apply. Lockers are available to store any valuables. Hangers for clothes are in the massage room. The therapist will leave the room to allow you to undress to your level of comfort. Complimentary towels are available after your treatment for use of showers and sauna.