



## 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.

## PROVEN BENEFITS

RELIEVE: stiff neck | leg and foot cramping | repetitive use injuries | overtraining  
IMPROVE: nervous disorders | injuries | fibromyalgia  
INCREASE: energy | alertness | better sleep | release of toxins | boost immune system



U.S. ARMY  
**MWR**  
USAG BAVARIA  
SPORTS & FITNESS

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

TOWER BARRACKS  
PHYSICAL FITNESS CENTER, B170 GETTYSBURG AVENUE  
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REVEL INDULGE DELIGHT

# MASSAGE PROGRAM

DISCOVER MASSAGE FOR GREATER HEALTH  
USAG BAVARIA PHYSICAL FITNESS CENTER TOWER BARRACKS



# MASSAGE TREATMENTS

## DEEP TISSUE MASSAGE

The primary focus of deep Tissue massage is to address specific tight muscles, the primary stroke is linear friction, a sustained linear stroke along the fiber direction of a specific muscle. A Deep tissue massage may also use static pressure in one spot to release muscles.

- 30 minutes partial body — \$35
- 45 minutes partial body — \$50
- 60 minutes partial full body — \$65
- 90 minutes full body — \$95

## SPORTS MASSAGE

Sports massage is a combination of deep tissue massage, joint mobilization and assisted stretchings. Sports massage is a type of massage that can alleviate pain occurring in certain parts of the body, which can be caused by too much physical activity.

- 60 minutes partial body — \$75
- 90 minutes partial full body — \$98

## CUPPING (DETOXING) MASSAGE WITH MASSAGE CUPS AND BIRCH OIL

Intensify blood circulation to the tissue and stimulate lymph flow, which has a positive effect on metabolism (detoxification), the immune system and can also reduce cellulite on problem zones. Cupping massage is indicated in case of chronic muscle and joint diseases and different pain syndromes.

- 30 minutes partial body — \$35
- 60 minutes partial full body — \$65

## PROBLEM SOLVER MASSAGE WITH FASCIA CUPS AND/OR GUA SHA

A deep tissue massage combined with Fascia cups and/or Gua Sha to address specific issues. Gua Sha Fa is a traditional Chinese massage treatment in which the skin is scraped to produce light bruising. Gua Sha Fa involves repeated pressured strokes over lubricated skin with a smooth edged instrument like water buffalo horn or jade. Fascia cups remain on problem areas after Gua Sha for a more effective treatment. Fascia cups lone are also a very good problem solver treatment to loosen tissue structure, relief/reduce pain, speed healing of injuries, aid muscle healing, improvement of blood circulation and balance muscle tone.

- 30 minutes partial body — \$35
- 45 minutes partial body — \$50
- 60 minutes partial full body — \$65
- 90 minutes partial full body — \$95

## FASCIA MASSAGE WITH FASCIA TOOLS

Start with “Handwalk” to indicate problem areas before beginning massage with fascia tools in order to increase range of motion, increase flexibility and coordination, limit injury, loosen agglutinations and adhesions, increase tissue tendency to slide and develop maximum strength. Treatment ends with “Handwalk” to see the result.

- 60 minutes partial body — \$75
- 90 minutes partial full body — \$98

# MASSAGE TREATMENTS

## TRADITIONAL THAI MASSAGE

Traditional Thai massage does not use oils or lotions. The recipient remains clothed during treatment, loose comfortable clothing and lies on a mat on the floor. The body is compressed, pulled, stretched and rocked in a variety of positions during the course of the massage and is combined with deep static and rhythmic pressures. (Receive a massage robe as a present from the massage therapist)

- 60 minutes back/front — \$69
- 90 minutes back/side/front — \$98
- 120 minutes back/side/front/head — \$119

## SWEDISH MASSAGE WITH AROMA OIL

This treatment features rhythmical and slow movements for relaxation and stress relief. Enriched with special balanced aroma oil, deepens the effect of classical massage.

- 30 minutes partial body — \$35
- 45 minutes partial body — \$50
- 60 minutes partial full body — \$65
- 90 minutes full body — \$95

## PREGNANCY (PRENATAL) MASSAGE

Pregnancy massage aims to relax tense muscles, ease sore spots, improve circulation and mobility. Sideline positioning with supportive, soft cushions used to alleviate the extra strain on the lower back and pelvic areas when the pressure of massage techniques are applied. This massage will not be performed during first trimester of a woman’s pregnancy. (Receive a present for your baby from the massage therapist)

- 60 minutes partial body — \$70
- 90 minutes partial full body — \$100

## HOT STONE MASSAGE

Hot Stone massage is a specialty massage with smooth and natural heated basalt stones as an extension to therapist hands that are placed on parts of the body with heated oil. The heat can be both relaxing and help warm up tight muscles so the therapist can expedite deeper therapy. This massage is combined with a facial mask to provide a perfect wellness treatment.

- 60 minutes partial body — \$90
- 90 minutes partial full body — \$120

# ADDITIONAL TREATMENTS

## FASCIA TREATMENT WITH FASCIA ROLL

Fascia treatment/training focuses on effortless movements to improve the functional properties of the muscular connective tissue including tendons, ligaments, joint capsules and muscular envelopes. Use of a fascia roller increases range of motion, flexibility and mobility, regeneration and activation, hydration and renewal. (Receive a fascia roll from the massage therapist)

- 6 sessions/30 minutes each — \$149

## EAR ACUPUNCTURE WITH ELECTRICAL STIMULATION/DETECTION (AGISCOP DT)

This treatment prevents and relieves ordinary pain, severe pain or chronic pain from musculoskeletal system disorders.

- 1 session with any massage — \$25
- 5 sessions with any massage — \$100 (1 free session)
- 1 session — \$40
- 5 sessions — \$160 (1 free session)

## FLOSSBAND APPLICATION

Through various applications, compression is exerted on the muscles by a band. The high pressure relieves pain through active and passive movements with the band. When the band is released, fresh blood hydrates the tissue. Flossband can be used preventively before and/or after sports to increase joint mobility, training recovery, rehab and stretch and it also limits injury.

- 1 session — \$20

## KINESIOLOGY TAPING

Kinesiology Tape treatments mimic the properties of the skin and thereby promote blood circulation and metabolism to support the healing process. Benefits include: pain reduction, relaxed muscles, joint correction, reduced swelling and more.

- 1 session with any massage — \$13
- 1 session with any screening — \$20

# DISCOVER MASSAGE TREATMENTS FOR GREATER HEALTH!

Massage and additional treatments 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. Massage treatments and bodywork take place in a quiet room with indirect lighting and a safe, relaxing atmosphere. Our massage therapists are state or nationally certified. Modesty is respected and preserved. Gym shorts or undergarments are recommended for Sports massage, Traditional Thai massage and Fascia massage options, due to stretching and diagnostic movements. The therapist uses multiple tools to manipulate muscle/connective tissue in a variety of ways to increase blood flow and relaxation. Gentle stretches and complementary movements help resolve stiffness, increase flexibility and reduce circulation problems. Massage therapists use special creams, ointments, liquids and oils with 100% natural ingredients. *Discover the benefits for yourself.*

