

## 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

*Stiff neck  
Nervous disorders  
Overtraining  
Injuries  
Fibromyalgia  
Leg and foot cramping  
Repetitive use injuries  
Greater energy  
Alertness  
Better sleep  
Release of toxins  
Boosts immune system  
And much, much more!*

## BOOKING

*All treatments are 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.*

**GIFT CERTIFICATES AVAILABLE**



JESSE L. WILLIAMS FITNESS CENTER  
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USAG BAVARIA

REVEL INDULGE DELIGHT

# MASSAGE PROGRAM

DISCOVER MASSAGE FOR GREATER HEALTH



## MASSAGE THERAPY

### PROBLEM SOLVER/DEEP TISSUE MASSAGE

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 minutes — \$35

45 minutes — \$50

60 minutes — \$65

90 minutes — \$95

### SWEDISH MASSAGE

A gentle Massage concentrating on tension-retaining muscles. Includes joints and Spine mobilization with muscle energy techniques, releases Stress and will leave you feeling relaxed.

30 minutes — \$35

45 minutes — \$50

60 minutes — \$65

90 minutes — \$95

### SPORTS MASSAGE

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

60 minutes — \$75

90 minutes — \$98

### PREGNANCY MASSAGE

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


60 minutes — \$70

90 minutes — \$100

### CHAIR MASSAGE

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

\$1 per minute (minimum 10 minutes)



*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.*