

USAG BAVARIA
JESSE L. WILLIAMS FITNESS CENTER
ROSE BARRACKS

*Massage Therapy
& Beauty Treatments*



MASSAGE THERAPY

SWEDISH:.....45 MINUTES \$50
.....60 MINUTES \$75
.....90 MINUTES \$80

Targets deeper layers of muscle relaxation.

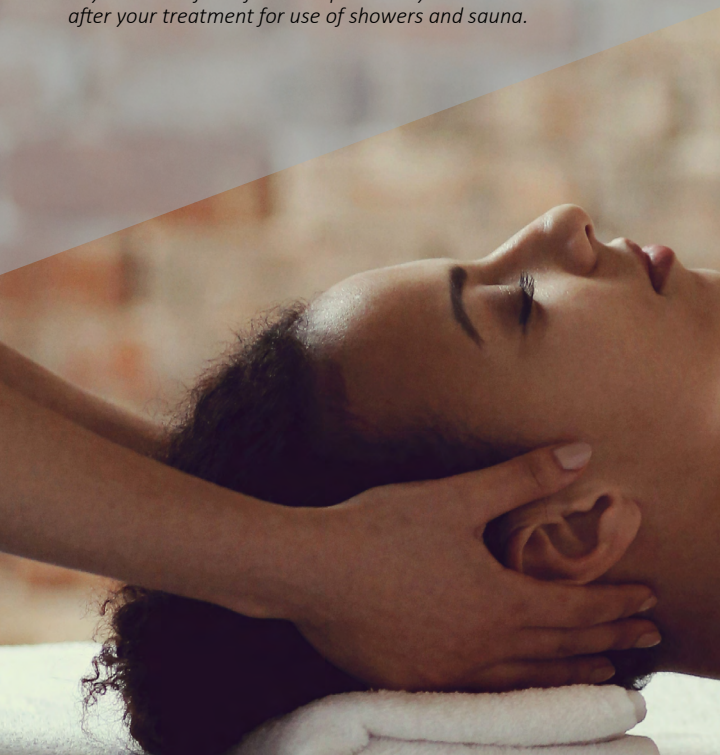
DEEP TISSUE:.....45 MINUTES \$60
.....60 MINUTES \$75
.....90 MINUTES \$95

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

PRENATAL MASSAGE:.....60 MINUTES \$70

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

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.



QUICK FIX MASSAGE 30 minutes \$30

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

HEAD, HANDS & FEET 60 minutes \$65

To encourage relaxation and foot scrub.

HOT STONE MASSAGE 60 minutes \$80

..... 90 minutes \$100

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

SCALP MASSAGE 30 minutes \$25



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 cancelled 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
B323 53RD CONSTABULARY STREET
ROSE BARRACKS
DSN 476-2998 • CIV 09662-83-2998

WWW.GRAFENWOEHR.ARMYMWR.COM