



MASSAGE THERAPY

Integrative therapies have been proven to reduce pain, relieve stress, and create a sense of well-being. Massage therapy promotes relaxation, balance, and harmony within mind and body.

SWEDISH

Reduce your everyday stress, both physical and emotional, while relaxing muscle tension and increasing circulation.

30 minutes, \$40

Package of 3, \$165

60 minutes, \$65

Package of 5, \$260

90 minutes, \$95

(Package sessions, 60 minutes)

DEEP TISSUE

Focus on your deeper layers of muscle tissue to release built-up toxins and tension.

60 minutes, \$75

90 minutes, \$105

HOT STONE

A full-body massage using heated basalt stones that deeply penetrate muscles to alleviate tension.

60 minutes, \$80

90 minutes, \$110

PREGNANCY

A safe and effective therapy using a variety of massage techniques to help reduce the physical discomforts of pregnancy and enhance the physiological and emotional well-being of both mom and baby.

30 minutes, \$40 Package of 3, \$165
60 minutes, \$65 Package of 5, \$260
90 minutes, \$95 (Package sessions, 60 minutes)

THERAPEUTIC MASSAGE

A massage focused on a specific health condition or injury that will assist in your recovery.

Therapeutic massage may be eligible for payment under your health insurance plan, auto insurance claim, or Labor & Industry claim. Please consult with your plan or claim representative to determine eligibility. Requires a referral from a medical provider.

THERAPEUTIC PEDIATRIC MASSAGE

A therapeutic massage focused on the needs of a child to help reduce physical and emotional stress while relieving common pediatric discomforts and improving the quality of a child's life. Pediatric patients are only seen with a medical referral.

AROMATHERAPY

Add essential oils to any massage service, \$10

Payment due at time of massage service.
Haselwood Family YMCA members receive \$5 off massage, not including packages, specials, or therapeutic massages.

Health & Wellness at Haselwood Family YMCA

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harrisonmedical.org/massage-therapy