

# Y MASSAGE

**New Massage  
Therapist  
Now Here!**

## Sport Massage

Need a quick fix? A sport massage is the perfect answer! A 10 minute massage for those with a time crunch. Get a great muscle release while remaining in your clothes!

## Relaxation (Swedish) Massage

One of the most relaxing massages with a gentle kneading technique and fluid strokes, used to help release and de-stress the muscles in your body.

## Therapeutic Massage

Therapeutic Massage is a revitalizing massage that significantly helps to relieve aches and pains. Medium to deep pressure is generally used.

## Foot Reflexology

Reflexology is the physical act of applying pressure to the feet with specific thumb, finger and hand techniques without the use of oil or lotion. It is based on a system of zones and reflex areas that reflect an image of the body on the feet with a premise that such work effects a physical change to the body.

(Reflexology can only be done on a 30 or 50 minute massage.)

- Massage is only available at the Downtown Branch
- To schedule a massage, you must pay in full, in advance at the Downtown Branch only.
- If you need to reschedule a massage, you must do so at least 24 hours prior to appointment.
- No refunds will be given unless an appointment is cancelled by the Massage Therapist.
- You must be at least 16 years old to receive a massage
- **Members receive 2 FREE Sport Massages per year!**

*Erin Bravo graduated from the Milwaukee School of Massage and is a Certified Wisconsin Massage Therapist or Bodyworker and Nationally Certified in Therapeutic Massage and Body Work through NCBTMB.*



**Listen to  
relaxing music  
or bring your  
iPod!**

## Benefits of Massage

- Decreases Stress & Anxiety
- Enhances Sleep Quality
  - Greater Energy
- Improves Circulation
- Improves Range of Motion
- Reduces Muscle Stiffness

## Gift Certificates Available!

### Member Fee

10 minute Sport Massage .....	\$10
30 minute Massage .....	\$30
50 minute Massage .....	\$45

### Non-Member Fee

10 minute Sport Massage .....	\$15
30 minute Massage .....	\$40
50 minute Massage .....	\$55

## Massage Hours

Monday 2-8 pm  
Tuesday 10 am-4 pm  
First Saturday of the month 11 am-3 pm

To schedule your massage, contact 608-754-6654 • For more information, contact Jessie Cutsinger at 754-6654 ext. 113