

# Y MASSAGE

## 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!

## Headache Massage

This 10 minute massage can help relieve tension headaches and Involves Tui Na techniques that focus on the head, neck, shoulders, and hands to relieve tension headaches.

## 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.

## Tui Na

Tui Na (Chinese medical massage) is one of the oldest forms of massage and involves grasping, rolling, deep pressure, and kneading. This form of massage promotes circulation, reduces muscle scar tissue, and helps balance Yin and Yang.

- 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



*Liz Faulkner graduated from Madison's East-West Healing Arts Institute and is a Certified Wisconsin Massage Therapist 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 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

**See the Welcome Desk to Schedule Your Massage!**

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