

THE OASIS

WELLNESS AT THE YMCA

SYNERGIE CELLULITE REDUCTION

Synergie is a vacuum massage that physically manipulates the collagen fibers & connective tissue, increasing metabolism and blood circulation to the treated area - reducing the appearance of cellulite.

Trial (only valid for first service)	\$45.00
Single Session	\$60.00
(8) Session Package	\$456.00
(16) Session Package	\$800.00

RED LIGHT THERAPY

Twelve minutes of Red Light Therapy improves skin health & circulation, stimulates hair growth, promotes cellular health, expedites muscle repair, and reduces inflammation & pain.

Monthly Cost - (1) 12 Minute Session Per Day	\$15.00
Single Session	\$10.00

MASSAGE THERAPY

Massage is a type of wellness treatment in which a certified therapist manipulates the soft tissue of your body, using varying degrees of pressure & movement.

	MEMBER	NON-MEMBER		MEMBER	NON-MEMBER
30 Minute Massage	\$45.00	\$55.00	15 Minute Chair Massage	\$20.00	\$30.00
60 Minute Massage	\$80.00	\$90.00	(1) 10 Min Hydromassage	\$10.00	
90 Minute Massage	\$110.00	\$120.00	Monthly Hydromassage	\$15.00	
120 Minute Massage	\$140.00	\$150.00	(1) 10 Minute Session Per Day		

LIFE COACHING

A Life Coach helps guide clients to reach goals, stay on track, and overcome actions that sabotage your desires, plans, and dreams

	MEMBER	NON-MEMBER
1 Hour Session	\$50.00	\$60.00
(3) 1 Hour Sessions	\$143.00	\$173.00
(5) 1 Hour Sessions	\$225.00	\$275.00
(10) 1 Hour Sessions	\$425.00	\$525.00



Synergie Cellulite Reduction



Red Light Therapy



Massage Therapy



Grants Pass Family YMCA
 1000 Redwood Ave
 Grants Pass, OR 97527
 (541) 474-0001
wellness.grantspassymca.org