

WHAT IS MASSAGE THERAPY

Massage Therapy is a type of wellness treatment in which a trained and certified professional manipulates the soft tissues of your body — muscle, connective tissue, tendons, ligaments, and skin — using varying degrees of pressure and movement.

Massage is generally considered part of complementary and integrative medicine. It's increasingly being offered along with standard treatment for a wide range of medical conditions and situations.

Studies of the benefits of massage demonstrate that it is an effective treatment for reducing stress, pain and muscle tension. At the YMCA, massage therapy may be recommended to help people cope with the pain and stress of cancer, heart disease, stomach problems, fibromyalgia or other conditions.

BENEFITS OF MASSAGE THERAPY?

While more research is needed to confirm the benefits of massage, some studies have found massage may also be helpful for:

- Anxiety
- Digestive disorders
- Fibromyalgia
- Headaches
- Insomnia related to stress
- Myofascial pain syndrome
- Soft tissue strains or injuries
- Sports injuries
- Temporomandibular joint pain



YMCA WELLNESS CENTER

1550 Nebraska Ave
Grants Pass OR 97527

P 541-479-3100

E message@grantspassymca.net

www.grantspassymcawellness.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA WELLNESS CENTER MASSAGE THERAPY

A Healing Touch FOR A BETTER YOU

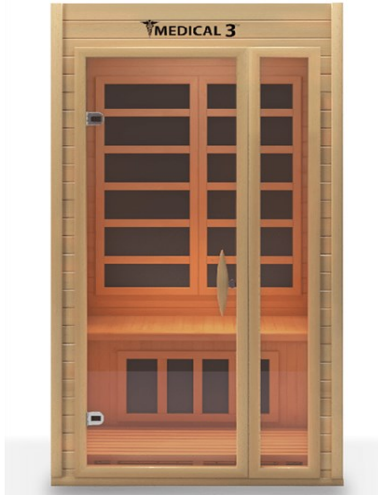


Visit our website for more information
or to book an appointment.

www.grantspassymcawellness.org

ENJOY THE SAUNA & HYDROMASSAGE BED

MEDICAL SAUNA FEATURES



Enjoy this great feature after your massage at the YMCA.

Here are the benefits of our sauna.

- Relaxation
- Improved Circulation
- Cardio Conditioning
- Detoxification
- Immune System Response
- Muscle Recovery
- Pain Relief

HYDROMASSAGE



OUR MASSAGE THERAPIST

CERTIFIED & LICENSED

Our dedicated Massage Therapists here at the YMCA Wellness Center are certified and licensed. Each therapist is specialized in their own techniques and specialties which gives you the opportunity to get the best experience in the Grants Pass area offering high quality at an affordable rate.

Excellent therapist; highly skilled and experienced, very professional. Such a great massage...
- Matt

WHAT WE OFFER

Swedish Massage

A light massage that consists of long, smooth strokes. The benefits include increased blood circulation, decreased stress and muscle tension and improved range of motion.

Deep Muscle Therapy

Designed to aid in the restoration of damaged muscles and soft tissue. With its natural healing properties, it helps restore circulation on the cellular level.

Therapeutic Massage

Beyond relaxation, therapeutic massage can help address injuries or long-term or chronic health issues such as headaches or neck pain.



It involves greater pressure and cross-fiber friction against the grain of a muscle, tendon, or ligament. You can get therapeutic deep tissue massage, which can be good for stiff necks, low back tightness, and sore shoulders. Or you can get a therapeutic sports massage that can help address injuries or pain from recurrent muscle use or strain. Sometimes therapeutic massage is prescribed as part of a larger therapy program for treating specific issues.

Chair Massage

Chair massage is performed in a specially designed chair that helps people relax in a seated position. The technique focuses on tension areas of the neck, back, shoulders, arms and hands. Besides relaxing muscles, chair massages can soothe brain activity, increasing concentration and providing greater mental clarity.

MASSAGE PRICING

A table massage session includes a brief intake process with your massage therapist.

- 90-minute: \$120 / \$110 for Y members
- 60-minute: \$90 / \$80 for Y members
- 30-minute: \$55 / \$45 for Y members
- 15-minute chair: \$30 / \$20 for Y members
- 10-minute Hydromassage: \$10 per time
- Hydromassage: \$15 per month for Y members (10 minutes daily use)

SCHEDULE

Monday - Friday	8 am - 6 pm
Saturday	By Appointment Only
Sunday	By Appointment Only

Ask us about our corporate and private events.

- Table Massage
- Chair Massage