

# MASSAGE MENU

## SIGNATURE STONE

Our own signature massage performed by placing hot and chilled stones at various relaxation and energy points throughout your body while a warm towel is draped over your feet for the ultimate in deep muscle therapy and healing.

50 minutes \$70/75/80

80 minutes \$100/105/110



# RECOVER

## THERAPEUTIC MASSAGE

Therapeutic massage is a combination of light and deep tissue massage performed with a series of movements and techniques. The soft tissue is manipulated in a way that will release chronic muscle tension and knots. The therapist will apply the right amount of pressure for your specific needs.

50 Minutes \$65/70/75

80 minutes \$95/100/105

# RELAX



## SPORTS MASSAGE

Sports Massage is a deep tissue massage combined with stretching. It is a more focused massage with applications designed for injury treatment, prevention, and management of primary muscles utilized most during sports and fitness training. Pressure is applied relative to specific muscle soreness. Decreased muscle tension and pain can be expected.

50 minutes \$65/70/75

80 minutes \$95/100/105

## MASSAGE FAQ'S

### TIPS TO GET THE MOST OUT OF YOUR MASSAGE EXPERIENCE

**Your massage is designed to be a relaxing and rejuvenating experience. Feel free to ask questions regarding etiquette and your massage.**

**What ages are acceptable for massage?** Massage is designed for ages 18 and over please.

**Can I customize my massage experience?** Absolutely! Your massage can be modified to your tastes. Please let the therapist know if you would like more or less work done on specific parts of the body as well as amount of pressure. You may also decide on music or silence during your massage as well.

**What if I have a medical condition?** Please mention any type of medical condition such as high blood pressure, allergies, any other conditions, or if you are pregnant when you book your appointment. Please also let your therapist know of any sensitive areas on your body that may be bothering you. If you have any concern at all, please tell us. If at any time during your massage you experience discomfort, please alert your therapist immediately.

**What if I prefer a specific therapist?** You may request a specific therapist

## MASSAGE FAQ'S

**When should I book my appointment?** Book as far in advance as possible in order to ensure getting the particular time, day, and therapist you want. It's easiest to accommodate appointments during off-peak hours, which are often on Mondays and in the mornings

**When should I arrive?** Please arrive 10-15 minutes early so you can prepare for your massage. After your massage, you are welcome to use our locker room facilities.

**What if I have to cancel?** Things come up, so if you must cancel an appointment, please try to give our therapists at least a 4 hour notice.

**What form of payments are accepted?** Cash, Check, Money Order, Visa, Mastercard, and Discover are all accepted.

**Is there tax?** The State of Ohio does charge tax on massage (rate is specific to County). The prices shown do not reflect taxes.

**Do I tip?** Gratuities of 15 - 20 percent are normal, but this all depends on your satisfaction level with the service. Tips may be given directly to the therapist.

**Do you have gift certificates?** YES! Gift certificates are available and may be used towards any of our massage services and are especially popular around holidays.

## MASSAGE THERAPY



Strongsville Recreation Center  
440-580-3260 ext. 5275  
Marissa.mcnabb@strongsville.org