

*Your body deserves it...*

# Massage therapy



## massage types & rates

**Swedish** This light to medium pressure full-body massage is ideal for increasing circulation, calming the nervous system and reducing stress.

90 minutes \$80 member | 60 minutes \$50 member | 30 minutes \$35 member

**The WAC Massage** This deeper pressure massage focuses specifically on a client's problem areas with the goal of releasing deep muscle knots, and improving range of motion giving you the ability to achieve your maximum athletic performance level.

90 minutes \$90 member | 60 minutes \$60 member | 30 minutes \$40 member

**Hot Stone Massage** This application of gently heated stones as part of a deeply relaxing and penetrating massage unlocks the body's natural healing energies.

90 minutes \$100 member | 60 minutes \$70 member

*Non-members please add \$10 to any massage*

*Call today for your appointment.*

*Massage makes a great gift!  
The many benefits include...*

- Pain Relief
- Improved Body Awareness
- Stress Reduction
- Enhanced Circulation
- Improved Flexibility
- Improved Posture
- Improved Muscle Tone
- Fatigue Relief
- Stronger Immune System

*and much more!*

**Greenfield/Hales Corners**  
414.427.6500

**Wauwatosa**  
414.443.5000

**Downtown**  
414.212.2000

**North Shore**  
414.228.2800