

Massage at the DFC

Let's face it. We all probably enjoy a massage every once in a while. But the fact is, most of us look at massage as a luxury that should only be indulged in as a special treat.

But, did you know that massage therapy can be used as an integral part of your overall fitness plan?

Massage not only improves flexibility of your muscles and joints, but also enhances blood circulation, increases the amount of oxygen and nutrients delivered to the muscles as well as carries waste products and toxins out of your system. Massage also relieves muscle tension, aches and stiffness. We suggest you schedule a massage for yourself after the first 30 days of your new workout program, as a reward for a job well done. We've made it easy and affordable, see below.

Non-members are welcome!

MASSAGE THERAPY RATES

EFFECTIVE JANUARY 1, 2007

SWEDISH MASSAGE

HALF HOUR.....	\$ 35.00
ONE HOUR.....	\$ 60.00
90 MINUTES.....	\$ 80.00
(5) HALF HOUR SESSIONS.....	\$150.00
(5) ONE HOUR SESSIONS.....	\$250.00

DEEP TISSUE MASSAGE THERAPY

HALF HOUR.....	\$ 40.00
ONE HOUR.....	\$ 75.00
90 MINUTES.....	\$100.00
(5) HALF HOUR THERAPIES.....	\$175.00
(5) ONE HOUR THERAPIES.....	\$325.00

- All appointments must be scheduled 24 hours in advance
- All appointments must be paid for at the time of scheduling
- Any appointment cancelled with less than 24 hours notice will be charged a \$25.00 cancellation fee