

MASSAGE THERAPY

DESCRIPTION:

Massage Therapy relieves stress and aids in the recovery from exercise induced muscle soreness. It improves lymphatic and vascular circulation and is useful in treating a variety of ailments and injuries. Therapists offer a variety of massage techniques ranging from light pressure relaxation massage to deeper therapeutic massage. The Huntington YMCA offers high quality, progressive massage services as a therapeutic means of strengthening the mind, body, and spirit. All therapists are very knowledgeable and experienced in the field, licensed by the State of WV, and provide excellent massages at an expense far below the local standards. Relaxing, stimulating, and therapeutic massages are available by contacting the Member Services at 525-8127.

POINTS OF INTEREST:

- ❖ Massages are given by appointment only
- ❖ Massage appointments are scheduled by contacting the Men's or Women's Massage Departments in person or by calling 525-8127.
- ❖ Clients who are late are only entitled to their remaining scheduled appointment time.
- ❖ The massage rooms are to be kept quiet, especially when in use.
- ❖ Clients are expected to shower immediately prior to their massage.
- ❖ A friendly relaxed atmosphere is to be maintained at all times between the therapist and the clients.
- ❖ Massages are available in durations of 25 minutes, 55 minutes, or 85 minutes
- ❖ *Massages must be paid for in advance or the day of the massage* in the Member Service Office and please bring receipt to the massage therapist.
- ❖ Massages can be purchased one at a time or in packages
- ❖ *All massage appointments require a 24 hour cancellation or the full charge will apply.*
- ❖ All Huntington YMCA Massage Therapists are licensed by State of West Virginia

COST:

Single Massages:

25 minute massage.....	\$15
55 minute massage.....	\$30
85 minute massage.....	\$45

Massage Packages:

10 massages.....	\$297.50
20 massages.....	\$590.00
30 massages.....	\$877.50
40 massages.....	\$1160.00
55 massages.....	\$1581.25

CONTACT INFORMATION:

- ❖ Men's Massage Department: Call 525-8127, extension #22
Therapists: Eric Fout, Director; Peter Grof; Sonny Allen; Greg Van Meter
- ❖ Women's Massage Department: Call 525-8127, extension #19
Therapists: Devi Armstrong, Director; Kylene Bishop; Mary MacClellan; Brooke Lusk
- ❖ Come take a look at the programs and facilities that we have to offer and receive a two day guest pass to try the YMCA facilities:

Huntington YMCA May Building
935 10th Ave
Huntington, WV 25701
(304) 525-8127
huntingtonymca.org