

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:

- ❖ YMCA has separate massage facilities for men and women
- ❖ Massage by appointment only
- ❖ Massages are available in durations of 25 minutes, 55 minutes, or 85 minutes
- ❖ Massages must be paid for in advance in the Member Service Office
- ❖ Massages can be purchased one at a time or in packages
- ❖ Men's Massage Department requires a minimum two hour cancellation notice or the individual will be charged for the massage
- ❖ Women's Massage Department requires a minimum 8 hour cancellation notice or the individual will be charged with the massage
- ❖ Four massage therapists are on staff in each of the Men's and Women's Massage Departments.
- ❖ All Huntington YMCA Massage Therapists are licensed by State of West Virginia
- ❖ Please SHOWER prior to a massage appointment.

COST:

Single Messages:

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; Maggi Perl; Kylene Bishop; Mary MacClellan
- ❖ 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