

Massage Price Guide

Treatment	Member Rate	Non-Member Rate
50 min Swedish	\$ 65.00	\$ 70.00
25 min Swedish	\$ 35.00	\$ 40.00
80 min Swedish	\$ 85.00	\$ 95.00
50 min Therapeutic	\$ 70.00	\$ 75.00
25 min Therapeutic	\$ 40.00	\$ 45.00
80 min Therapeutic	\$ 95.00	\$ 105.00
50 min Lymphatic Drainage	\$ 70.00	\$ 75.00
25 min Lymphatic Drainage	\$ 40.00	\$ 45.00
50 min Neuromuscular Ther.	\$ 70.00	\$ 75.00
25 min Neuromuscular Ther.	\$ 40.00	\$ 45.00
50 min Sports	\$ 70.00	\$ 75.00
25 min Sports	\$ 40.00	\$ 45.00
50 min Prenatal	\$ 65.00	\$ 70.00

Pregnancy

Seated chair massage (up to 20 minutes)	\$1.25/min	\$1.75/min
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Massage Packages

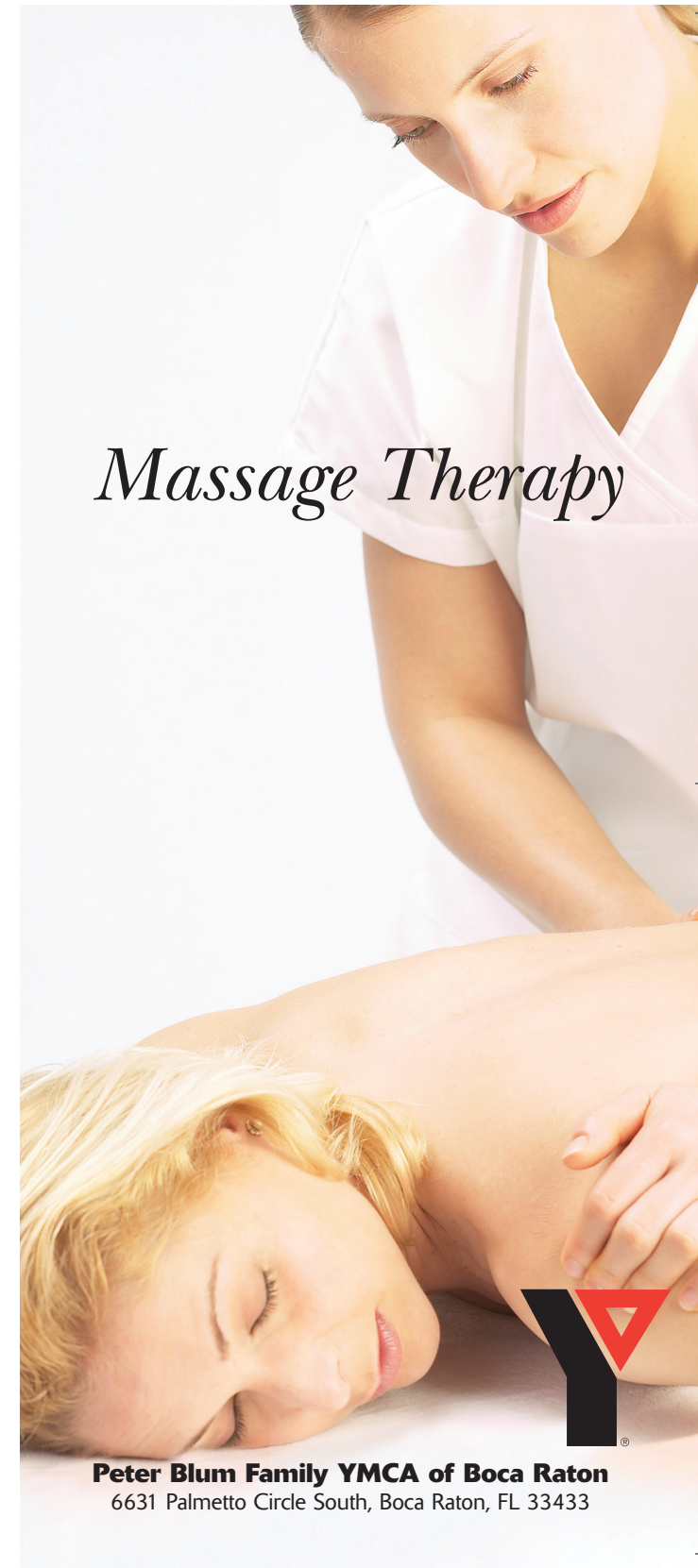
Massage Sampler	\$ 99.00	\$120.00
25 min Swedish Massage		
25 min Therapeutic Massage		
50 min Personal Choice		

Three 50 min Swedish	\$ 170.00	\$185.00
Three 50 min Therapeutic	\$200.00	\$215.00
Six 50 min Swedish	\$330.00	\$360.00
Six 50 min Therapeutic	\$380.00	\$410.00
Ten 50 min Swedish	\$517.00	\$560.00
Ten 50 min Therapeutic	\$602.00	\$645.00

All massage prices include the use of the steam room, sauna and whirlpool!



**Peter Blum Family
YMCA of Boca Raton**
6631 Palmetto Circle South
Boca Raton, FL 33433
Tel (561) 395-9622
Fax (561)392-6021



Massage Therapy



Peter Blum Family YMCA of Boca Raton
6631 Palmetto Circle South, Boca Raton, FL 33433



Massage Therapy

at the Peter Blum Family
YMCA of Boca Raton

Massage therapy is defined as the science, art and philosophy of treatment by systemic manipulation of the soft tissues of the body. The application of massage therapy may include:

- Various forms of manipulation of the soft tissues
- Hydrotherapy or the application of water in all its forms
- Thermotherapy or the application of heat
- Remedial exercises

The Benefits of Massage Therapy?

- Relaxation and stress reduction
- Relief of muscle stiffness, tension, lower back pain, constipation, sciatica and migraines
- Increase joint flexibility and range of motion
- Improved posture
- Promotion of easier and deeper breathing habits
- Increased circulation, lymphatic and venous
- Relief of tension related headaches
- Decreased blood pressure
- Decreased recovery time from injury, strains and spasms
- Strengthened immune system
- Overall improvement in health and well-being
- In addition, massage therapy can aid in:
 - reducing mental stress and anxiety
 - and enhancing self-image

Massage Techniques Defined

Swedish Massage: One of the most common and well-known massage techniques, Swedish massage is designed to energize the body by stimulating circulation, promoting relaxation and relieving stress.

Therapeutic Massage: A firm muscle therapy, which helps with chronic pain and injury rehabilitation, while reducing inflammation related pain caused by arthritis and tendonitis.

Seated Chair Massage: Treatment which allows for fully clothed seated massage, body work and somatic therapies to clients. Shiatsu and Swedish techniques are utilized, as well as acupressure principals. This is a great stress buster!

Prenatal/Pregnancy Massage: Specific techniques which help reduce pregnancy discomforts and concerns and enhance the physiological and emotional well-being of both mother and baby.

NEW MODALITIES

Lymphatic Drainage: An advanced therapy in which the practitioner uses a range of specialized and gentle rhythmic pumping techniques to move the skin in the direction of the lymph flow. This stimulates the lymphatic vessels that carry substances vital to the defense of the body, and removes waste products.

Neuromuscular Therapy: The utilization of static pressure on specific myofascial points to relieve pain. This technique manipulates the soft tissue of the body (muscles, tendons and connective tissue) to balance the central nervous system.

Sports Massage: A form of bodywork geared toward participants in athletics. It is used to help prevent injuries, to prepare the body for athletic activity and maintain it in optimal condition, and to help athletes recover from workouts and injuries.

To Schedule an Appointment

Make your massage appointment today with one of our expert massage therapists by calling (561) 237-0939. Check in at the member services desk upon arrival.

Hours of Operation:
Mon-Fri 9:00 a.m. to 8:00 p.m.
Sat 9:00 a.m. to 6:00 p.m



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Mission Statement:

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.