

## Who can benefit from Massage Therapy?

Every moment in our daily living activities requires muscular responses. The greater the response, the more wear and tear on our body and mind and the less likely we are able to recognize the presence of muscular tension. We do feel, however, the products of tension-pain, fatigue, stiffness, headaches, digestive disorders and anxiety.

Massage therapy is one way that everyone can experience a period of relaxation by giving the muscular responses a vacation from the stresses of daily living. The benefits of massage have been recognized in health promotion and maintenance, and massage is included in treatment programs for:

- \*Relief of pre and postpartum discomforts
- \*Maintenance of good health in the elderly and the disabled
- \*Provision of a sense of emotional well-being in those suffering from emotional and mental stress
- \*Improved growth and development in children
- \*Providing clear and creative thinking and performance under demanding conditions

**DeVos-Blum Family YMCA  
of Boynton Beach  
9600 Military Trail  
Boynton Beach, FL 33436  
561-536-1386**

### ***Mission Statement:***

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

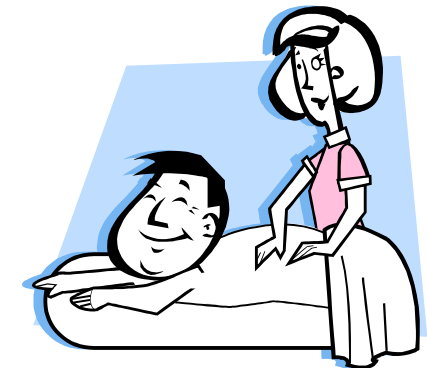
### ***Our Commitment:***

*We believe that YMCA programs should be available to everyone who wants to participate. Through the generosity of YMCA friends, we provide scholarships for those who need financial assistance.*

# **YHEALTH & WELLNESS**

We build strong kids, strong families, and strong communities.

# **MASSAGE 2008**



*A four hour cancellation is required for any missed appointments. All packages must be used within one year of the purchase date.*

### What is Massage Therapy?

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

### What are 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
- \*Promotion of easier and deeper breathing habits
- \*Increases circulation, lymphatic and venous
- \*Relief of tension related headaches
- \*Improved Posture
- \*Decreased blood pressure
- \*Decreased recovery time from injury, strains or 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 Prices Starting February 2008

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

#### Member Rate/Non-Member Rate

Massage Sampler.....\$115/\$135  
(Choice of 4-25 minute massages)

#### Swedish Massage Prices

(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.)

1-25 minute.....	\$40/\$55
1-50 minute.....	\$65/\$85
3-50 minute.....	\$175/\$200
6-50 minute.....	\$335-\$395
10-50 minute.....	\$525/\$600

#### Therapeutic Massage Rates

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

1-25 minute.....	\$45/\$60
1-50 minute.....	\$75/\$90
3-50 minute.....	\$205/\$250
6-50 minute.....	\$390/\$450
10-50 minute.....	\$610/\$685

#### Prenatal Massage Prices

(Specific techniques which help reduce pregnancy discomforts and concerns and enhance the physiological and emotional well-being of both mother and baby.)

1-50 minute.....	\$70/\$85
------------------	-----------

#### Aromatherapy

(The use of fragrant oils extracted from herbs, flowers, resin, woods and roots. The oils are blended with a base of massage oil and are readily absorbed through the skin. This treatment can aid in boosting the immune system and alleviating certain ailments and chronic conditions.)

1-50 minute.....	\$70/\$85
------------------	-----------

### Registration/Refund Policy

I understand that the YMCA of South Palm Beach County, Inc. assumes no responsibility for injuries or illness which I may sustain as a result of my physical condition, or from my participation in any athletic activity, sports program, use of equipment, exercise or other activities. I expressly acknowledge, on behalf of myself and my heirs, that I will assume the risk for any and all injuries and illness that may result from participation in these activities. I hereby release the YMCA of South Palm Beach County, Inc., its agents, servants, and employees from any and all claims of injury, illness, death, loss or damage which I may suffer as a result of my participation in these activities. I understand that the YMCA of South Palm Beach County, Inc. is not responsible for personal property, lost or stolen, while members and/or program participants are on the premises.

*A four hour cancellation is required for any missed appointments. All packages must be used within one year of the purchase date.*

**Signature Participant**

---

**Date**

---

**Print Name of Participant**

---

**Guardian signature required for Children under 18 years of age**