REAP THE REWARDS OF MASSAGE TODAY.

Call the Blomeyer Health Fitness Center (404-727-4600) to set up an appointment.

Appointments are available upon request.

MASSAGE SERVICES:
60 minute Therapeutic or Swedish Massage: $49
60 minute Deep Tissue or Sport Massage: $59
90 minute Therapeutic or Swedish Massage: $74
90 minute Deep Tissue or Sport Massage: $89

You may cancel your appointments with a 24-hour notice.

NEW MASSAGE SERVICE FEATURES INCLUDE:
Text Reminders
Email Confirmations
24 hour Email Reminders

MASSAGE THERAPIST:
Clarissa Francis
Joy Williams
Merideth Alexander

Enjoy a massage... without lifting a muscle.
REAP THE BENEFITS OF MASSAGE AND MELT AWAY FLEETING MEMORIES OF YOUR DAILY GRIND BENEATH THE EXPERIENCED HANDS OF BLOMEYERS’ MASSAGE THERAPISTS.

CHOOSE YOUR MASSAGE

You have several massage options to soothe your body and your mind. Each technique is uniquely designed to achieve a specific goal.

**SWEDISH MASSAGE**
Swedish massage is the most common type of massage. Swedish massage combines various hands-on techniques including gliding, kneading, and cross-fiber friction to break up muscle knots, called adhesions. Swedish massage is based on the Western concepts of anatomy and physiology as opposed to energy work. It can be slow and gentle or vigorous and bracing, depending on what the therapist wants to achieve.

**THERAPEUTIC MASSAGE**
Therapeutic massage is the manipulation of superficial layers of muscle, connective tissue, tendons and ligaments to enhance their function and promote relaxation and well-being.

**DEEP TISSUE**
Deep tissue massage is similar to the Swedish massage but the deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of the muscle tissue, tendons and fascia (the protective layer surrounding the muscles, bones and joints).

**SPORTS MASSAGE**
Often used on professional athletes and other active individuals, sports massage can enhance performance and prevent and treat sports-related injuries.

**PRENATAL MASSAGE**
A therapeutic bodywork that focuses on the special needs of the mother-to-be as her body goes through the dramatic changes of pregnancy. It enhances the function of muscles and joints, improves circulation and general body tone, and relieves mental and physical fatigue.

**CHAIR MASSAGE**
A chair massage focuses on the high-tension areas of the neck, back, shoulders, arms and hands. Chair massage is effective at producing therapeutic results in a brief period of time by concentrating the massage on the areas of greatest tension.

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