

WHAT TO EXPECT:

You and your Massage Therapist will discuss the desired outcome of your massage, your injuries and/or health conditions. This will help to determine the type of massage that is best for you.

The Massage Therapist will leave the room while you prepare for the massage. Most massage and bodywork techniques are traditionally performed with the client unclothed; however, it is entirely up to you what you want to wear. You will be properly draped during the entire session.

During the massage, make yourself comfortable. The therapist will gently move you, such as lifting your arm. Many people just close their eyes and completely relax, communicating if/when they need more or less pressure, another blanket, or anything else relevant to the session. If you have any questions regarding the session or about the particular technique you are receiving, feel free to ask the therapist.

The Massage Therapist will use oil or lotion on your skin to help manipulate the tissue more easily.



YMCA OF YORK COUNTY

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RELAX AND REJUVENATE

YMCA OF YORK COUNTY Massage Therapy

yorkcoymca.org

MASSAGE OPTIONS:

CHAIR MASSAGE:

This seated massage typically focuses on the back, shoulders, neck, arms, and hands. Chair massage is performed while clothed and does not require massage oil. Sessions generally last 10 to 20 minutes and include kneading and gliding strokes to release tension.

DEEP TISSUE MASSAGE:

This technique is designed to reach the deep portions of thick muscles to release both toxins and tension. It addresses specific muscles or muscle groups, such as the upper back, and provides fast results for both pain and stress.

HOT STONE MASSAGE:

This massage uses a combination of warmed stones and massage techniques to relax tense muscles and relieve pain.



ONCOLOGY MASSAGE:

This type of massage is tailored to the needs of individuals with cancer. This specialized practice requires therapists to be fully educated in and pay close attention to the physical, emotional, and psychological needs of clients in all stages of cancer: diagnosis, treatment, recovery or survivor.



REFLEXOLOGY:

Reflexology is a therapeutic practice of massaging and administering pressure to the feet or hands to encourage a beneficial effect in another region of the body.



SPORT MASSAGE:

This type of massage prepares athletes for peak performance, drains away fatigue, relieves swelling, reduces muscle tension, promotes flexibility and prevents injuries. Depending on the needs of the athlete, a variety of techniques are used including classic Swedish strokes, cross-fiber friction, pressure-point work and joint mobilization.

SWEDISH MASSAGE:

This type of massage includes long gliding strokes, kneading, tapping and shaking motions. It is effective for most ailments because massaging the skin creates a chain reaction that produces a positive effect on all layers and systems of the body.

TABLE THAI YOGA MASSAGE:

This ancient form of massage is an interactive manipulation of the body using passive stretching and gentle pressure along energy lines. Movement into yoga-like poses frees the body of muscle and joint tension, improving flexibility, reducing tension, stimulating internal organs and balancing the body's energy system. Clients should wear comfortable, loose fitting clothing for this stimulating, yet relaxing style of massage.

RATES:

Regular Massage:

York Branch PFC Member:

60 minute- \$45

30 minute- \$37

YMCA Association Member:

60 minute- \$53

30 minute- \$43

YMCA Guest:

60 minute- \$70

30 minute- \$57

Hot Stone Massage:

York Branch PFC Member:

60 minute- \$52

YMCA Association Member:

60 minute- \$61

YMCA Guest:

60 minute- \$81

Reflexology:

York Branch PFC Member:

30 minute- \$37

YMCA Association Member:

30 minute- \$43

YMCA Guest:

30 minute- \$51



GET MORE FROM YOUR MASSAGE!

"Add-on" services allow you to tailor your massage to your needs.

Add one hot stone - \$5

Add 30 mins Reflexology - \$25

Extend the massage 15 mins - \$10

Extend the massage 30 mins - \$20

Please note: No Show Fee - \$10