

Discover Therapeutic Massage for Greater Health!

Therapeutic massage and bodywork are professional health services for people wanting to increase their mental and physical productivity. Bodywork usually indicates that the practitioner is trained in several modalities of massage, and other medically relevant subjects. Therapeutic massage and bodywork takes place in a quiet room in indirect lighting and a safe, relaxing atmosphere. Our massage therapists are state or nationally certified!

Modesty is absolutely respected and preserved. Gym shorts or undergarments are recommended for sports massage options, due to stretching and diagnostic movement and walking. The therapist uses hands and forearms, or even warmed basalt stones, to manipulate muscle tissue in a variety of ways, from slow and sweeping to gentle pressure to gentle rocking or quite vigorous strokes to increase blood flow and relaxation. Myofascial work can be intense, but effective, and this is always controlled by the receiver. Gentle stretches and complementary movements help resolve stiffness, increase flexibility, and reduce circulation problems.

People who receive a regular routine of therapeutic bodywork wonder how they ever lived without it. Discover the benefits for yourself.

The Therapeutic massage available by appointment only. Call for availability. Appointments are secured by payment, minimum 24 hours in advance of desired appointment time. Call or drop by your Fitness Center for more information.

- **Stress:** A remedy proven through the ages, with clinical results for blood pressure, muscle tone and chronic pain.
- **Desk Job:** Are you suffering from sitting at a desk all week and not getting out because of the weather? Do you ache from hours of working on a computer?
- **Over Training:** Pay your muscles back for working so hard for you, and they can work even harder. Soft tissue injuries and flexibility problems can sometimes be completely resolved by manual therapy and self-care.

Proven Benefits

Stiff neck
Nervous disorders
Overtraining
Old injuries
Fibromyalgia
Sciatica
Whiplash
PMS
Leg and foot cramping
Plantar fasciitis
Thoracic outlet syndrome
Repetitive use injuries
Creating greater energy and alertness
Better sleep
Promotes release of toxins in body waste
Boost immune system,
And much, much more!



USAG Grafenwoehr Sports & Fitness

Massage Program



Rose Barracks, Vilseck
Fitness Center, Bldg. 323
DSN: 476-2998 or
CIV: 09662-83-2998

Main Post, Grafenwoehr
Fitness Center, Bldg. 170
DSN: 475-9007 or
CIV: 09641-83-9007

Massage Packages

MAIN POST, GRAFENWOEHR

Problem Solver: \$35

(Deep Tissue, Therapeutic Massage)
Rhythmical and slow movement for relaxing and relieving stress. 30 min.

Problems Solver: \$65 - \$95

(Deep Tissue with Manual Therapy)
Soothing, knot dissolving, muscle easing bodywork. Includes joints and Spine mobilization with muscle energy techniques, trigger points resolution and myofascial release. 60 - 90 min.

Decongestive Physiotherapy: \$35/\$50/\$65

Help to decongest edema after injury, hematoma, bruising, lymph edema, libedema and chronic venous insufficient or rheumatic congestion. 30, 45, or 60 min.

Medical Coaching Therapy: \$65

After injury or operation helps to mobilize joints, allay pain and muscle training. 60 min.

Cranio Sacral Therapy: \$65

(Cranio Sacral Therapy massage)
Releases restrictions in the craniosacral system, which surrounds the brain and spinal cord. This light touch therapy improves the central nervous system, and strengthen resistance to disease. 60 min.

Sports Massage: \$75

Performance tune-up and active stretching. Encourage muscle repair and reduce inflammation and trigger points release. 60 min.

Reflexology: \$50

Reflexology treatment applies pressure to reflex points on the hands and feet that corresponds to specific parts of the body to promote a total well-being and restore the body's natural balance. It promotes total relaxation, improves circulation and relieves nerve tension allowing the body to heal itself (Avoid eating heavy meal before service). 45 min.

Swedish Massage: \$35/\$65/\$95

Swedish massage enhances the circulatory system throughout the body and reduces stress leaving you in a relaxed state of bliss. 30, 60 or 90 min.

Aromatherapy: \$40 - \$75

The art of aromatherapy is used to restore the harmony of the body and mind. Oils and essences are harnessed from plants, flowers and resins, and are applied using massage or essence producing products, such as oil burners and hot water. 30 - 60 min.

Body Scrub: \$90

Expert hands will massage your body with an aromatic scrub that refreshes and rejuvenates the mind and body while removing dead surface cells. An intensive body moisturizer is then applied to hydrate the skin. This hydrating polish will provide you with softer, smoother skin. 60 min.

Pregnancy Massage: \$70 - \$100

Uses specific cushions to help the mom to be fully relaxed. Help reduce swelling, ease fatigue and relieve the discomforts of pregnancy. 60 - 90 min.

Hot Stone Massage: \$120

Deep therapeutic heat paired with a relaxing massage makes for the ultimate indulgence. 90 min.

Body Heat Wrap: \$85

Relieve muscle and joint aches. Great for arthritis and athletes. (Anti-Cellulite Body Care) - uses detoxifying sea algae with hydrating and exfoliating benefits of clay, ancient sea salt, brewer's yeast. Ideal for cellulite/weight loss. 60 min.

Chair Massage: \$1 per minute, with a 10 minute minimum.

ROSE BARRACKS, VILSECK

Problem Solver: \$35

(Deep Tissue, Therapeutic Massage)
30 minutes with rhythmical and slow movement for relaxing and relieving stress.

Problems Solver: \$65 - \$95

(Deep Tissue with Manual Therapy)
Soothing, knot dissolving, muscle easing bodywork. Includes joints and Spine mobilization with muscle energy techniques, trigger points resolution and myofascial release. 60 - 90 min.

Sports Massage: \$75

60 minutes performance tune-up and active stretching. Encourage muscle repairs and reduces inflammation.

Pregnancy Massage: \$70 - \$100

Uses specific cushions to help the mom to be fully relaxed. Help reduce swelling, ease fatigue and relieve the discomforts of pregnancy. 60 - 90 min.

Hot Stone Massage: \$120

90 ultimate minutes of deep therapeutic heat paired with a relaxing massage makes for the ultimate indulgence.

Salt Scrub Treatment: \$45

30 minutes, uses dead sea salts and almond oil to exfoliate dead skin cells and moisture the healthy skin underneath that will leave you skin soft and smooth.

Body Heat Wrap: \$85

60 minutes, Relieve muscle and joint aches. Great for arthritis and athletes. (Anti-Cellulite Body Care) - uses detoxifying sea algae with hydrating and exfoliating benefits of clay, ancient sea salt, brewer's yeast, and spirulina to provide metabolic stimulation of skin. Ideal for cellulite/weight loss.

Swedish Massage: \$35/\$65/\$95

Swedish massage enhances the circulatory system throughout the body and reduces stress leaving you in a relaxed state of bliss. 30, 60 or 90 min.

Decongestive Physiotherapy: \$35, \$50 or \$65

Help to decongest edema after injury, hematoma, bruising, lymph edema, libedema and chronic venous insufficient or rheumatic congestion. 30, 45, or 60 min.