

# Massage & Spa Services

Life is about doing things you enjoy. Ascension Genesys Health Club's professional certified massage therapists are trained in a full range of modalities, including sports massage, deep tissue, and Swedish massage. Please arrive at least 10 minutes prior to your appointment to consult with your massage therapist to discuss the massage modality that's right for you!

**Massage Therapy can promote many benefits for the whole body, such as:**

- Improve Range of Motion
- Improve Flexibility
- Improve Circulation
- Blood Pressure Management
- Boost Immune System
- Increase Sense of Well Being
- Stress Management and Relaxation
- Pain Management

## **Massage Pricing:**

30 Minutes- \$45.00

60 Minutes- \$65.00

90 Minutes- \$90.00

Seasonal Body Scrubs and additional spa treatments also available!

## **Gift Cards Available**

**Appointments Encouraged, Walk-Ins Taken Upon Availability.**

**To schedule an appointment, call the Service Desk at (810) 606-7300 ext. 4.**

*Cancellations within 2 hours of an appointment will be charged a \$30.00 cancellation fee. Medical Massage for auto injury available with prescription only. Contact the Massage and Spa Manager for Medical Massage pricing at (810) 606-7300.*