

What Should I Be Prepared For During The Massage?

Most massage and bodywork techniques are traditionally performed with the client unclothed; however, you may decide what amount of clothing you prefer to wear for your own comfort. The practitioner will leave the room while you undress, relax on the table, and cover yourself with a clean sheet. Throughout the session, you will be properly draped or covered. Only the area being worked on will be exposed. A light oil or lotion may be used to permit your muscles to be worked on without causing excessive friction to the skin.

Prices:

30 Minute \$30.00

60 Minute \$50.00

90 Minute \$75.00

Personal Check or Cash Due at Time of Service.

Wellness Pavilion Membership Not Required for Massage Services.

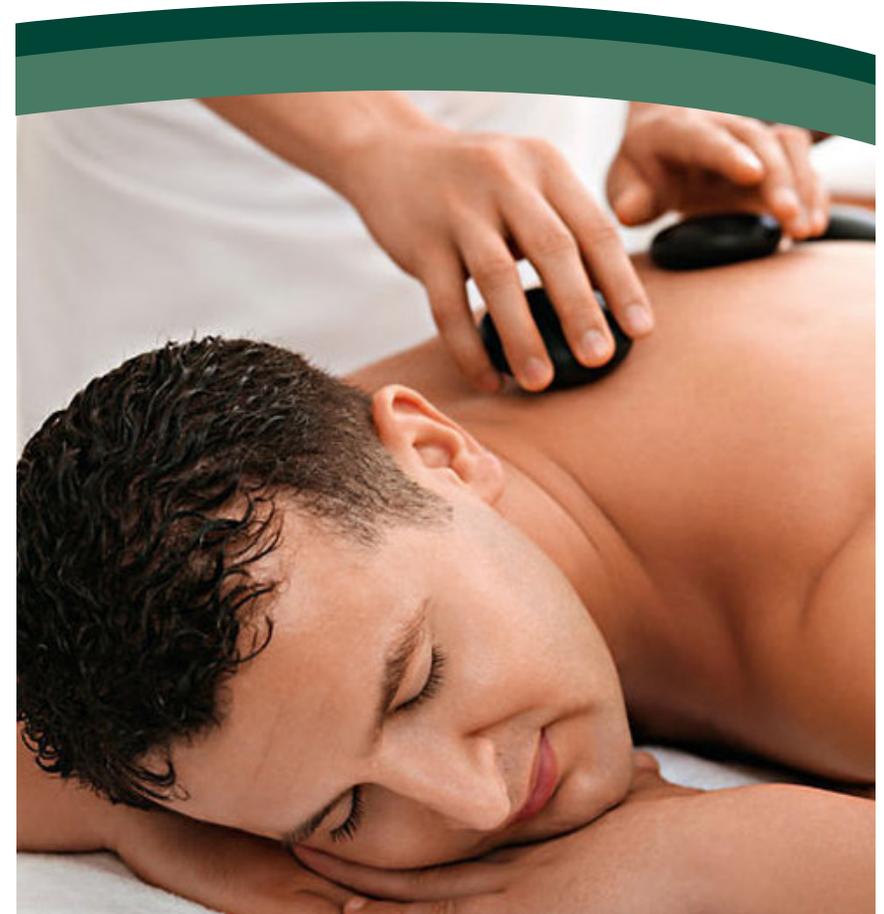
Schedule an Appointment Today!

Contact the Wellness Pavilion at 260.589.4496.



Arthur & Gloria
Muselman
Wellness Pavilion

Massage Therapy Services



Arthur & Gloria
Muselman
Wellness Pavilion

1201 Emmental Drive • Berne, Indiana
260.589.4496 • www.swissvillage.org



MASSAGE THERAPY SERVICES

Deep Tissue Massage

Deep tissue massage focuses on areas of chronic pain or tension. The deeper muscles are massaged through superficial muscles, with a preference of deep or light pressure.

Trigger Point Therapy

Trigger points are areas of hyper irritation in the tissues which can cause pain in multiple areas. This massage works to eliminate the irritation, and ease the cause of the problem.

Relaxation Massage

Relaxation therapy is also known as Swedish massage. This is the most common type of massage, focusing on relaxation and general wellness of the whole body by enriching circulation.

Hot Rock / Hot Towel / Ice

Heat is used for sore muscles, while ice reduces pain and muscle spasms. This form of therapy may be used to enhance your massage to achieve better results.

Aquatic Massage

Aquatic massage allows you to float freely in the water with assistance from a therapist while massage and stretching techniques are performed. Experience total relaxation of body and mind.

Sport

Sports therapy uses massage, stretching, and exercises to help athletes recover from every day training as well as injury. This form of therapy can help improve flexibility, agility, and muscle tone.

Shiatsu

Shiatsu is a Japanese massage that is invigorating and relaxing with a focus on restoring energy through compression, stretching, and kneading.

Geriatric

Geriatric massage is designed for seniors 70 and older who are experiencing symptoms of aging, such as arthritis. This form of massage nurtures the skin and increases circulation while protecting bones and joints.

Reflexology

Reflexology is the stimulation of points on the foot which correspond to the whole body. Thumb and finger pressure, compression, and movement are used to relax and refresh.

Prenatal

Prenatal massage is designed with the safety and health of mother and child in mind. This form of therapy alleviates some of the discomfort of pregnancy and benefits the baby as well.

Infant/Child

Whether your baby is a newborn or several years old, massage can bring immediate and lasting results. Massage techniques are performed with mom or dad present so therapy can be repeated at home as needed.

Cupping

Cupping is a technique used by cups to apply suction to the tissue, which drastically improves circulation, to help reduce pain and inflammation. This type of therapy can also help with scar tissue and repeated injuries.