

What you should know

Appointments

All appointments should be made at least 24 hours in advance by credit card at the Membership Desk. Payment is required at the time of scheduling. Cancellations must be made 24-hours prior to the appointment to receive a full refund. Please read the massage etiquette.



Massage Etiquette

- ☞ Please drink 17 oz. of water 1-2 hours before your massage.
- ☞ Clients are requested to arrive 15 minutes before the scheduled appointment.
- ☞ Members are asked to bring a lock for the locker and towels for showering. Showering must take place at the YMCA prior to the appointment.
- ☞ Members are asked to proceed to the massage area covered by a towel.
- ☞ Remove all jewelry, contact lenses, and makeup.
- ☞ Please do not have a full meal for at least two hours before your massage.

Schedule Appointments
Membership Desk, 818.790.0123

Please note:

Massage coupons are non-refundable and cannot be replaced if lost or stolen. Massage services are for adult members only, ages 18 years and up.

Massage



2011



Crescenta-Cañada Family YMCA
1930 Foothill Blvd.
La Cañada Flintridge, CA 91011
818.790.0123
www.ymcafoothills.org

Relax & Indulge

Massage Treatments for Men and Women

Swedish Massage

Long gentle strokes designed to improve circulation and muscle relaxation. Well suited as a post-workout treatment.

Deep Tissue

Deeper pressure and trigger points to release muscle tension and increase detoxification. An excellent sports massage for those with chronic injuries or nagging pains.

Reflexology

This treatment is based on the principle that there are specific reflex points in the feet that correspond to different parts of the body; can relieve specific tension, fatigue, and poor circulation.

Fees

Basic Full Body Massage (50 min.)

Swedish/Deep Tissue/Reflexology

Facility Members: \$ 59

(book of 5) \$275

90 minute massage \$ 96

25 minute massage \$ 30

Non members add \$20 per session to any service; includes Facility Day Pass.

Massage Gift Certificates

The gift of massage is wonderful way to remember that special day or person for any of these occasions: bridal showers, birthdays, anniversaries, and holidays.



Refresh & Recover

Additional Selections For Women Only

Body Polish

\$ 68 for 50 minutes

Feel smooth as silk with Swiss aromatherapy Body Polish. Our body scrub will remove dead skin cells, followed by a tonificant to stimulate and tone your skin. An application of hydrating lotion completes the therapy, leaving you with baby smooth skin.

Essential Oil Massage

\$68 for 50 minutes

Combines the art of aromatherapy with massage to bring balance and harmony to the body, mind & spirit. Also provides relief from muscle spasms, and cold and flu symptoms.

Facial Polish

\$ 35 for 30 minutes

Refresh your face with a cleansing scrub and moisturizing massage. An excellent treat to add with a massage!

Hot Stone Massage

\$ 68 for 50 minutes

An ancient Native American healing method that strategically places hot stones along the body to promote relaxation and circulation. Excellent for relieving tension and aiding detoxification.

Thai Massage

Same prices as Basic Full Body Massage

A blend of acupressure and yoga like stretches for a more energizing massage. Increases circulation, flexibility and range of motion. Wear loose clothing.

Prenatal/Postpartum Massage

Calm the aches and pains associated with pregnancy and reduce swelling. Rebalance and pamper a postpartum body.