

Fully Clothed Massage

We offer a variety of massage services which will allow you to remain fully or partially clothed while receiving the same benefits as a traditional table massage. This service is great if you are more modest or on a tight schedule and prefer not to undress. Our goal is to respect your comfort while providing the best service for you.

On the table Your session can be in the form of a full-body massage for relaxation or more specific to address a particular area such as the head, neck, shoulders, hands or feet. No crème or oils are used.

Hands & Feet Massage Therapeutic Massage and Reflexology for 30 or 60 minutes on your hands and feet is pure joy. Organic lotion and essential oils are combined which relieve discomfort and deeply nourish the skin.

Head Massage Your entire face, head, ears, neck, and upper shoulders are massaged in detail. Massage for the head and scalp promotes hair growth, improves mental clarity, and reduces stress and tension. Massage for the face relieves discomforts due to sinus and allergies, boosts the immune system and promotes healthy skin. No crème or oils are needed however, Organic lotion and essential oils are available upon request.

For all Clothed Massage rates, please refer to pricing guide inside.

Other Clothed Massage services available

in the *Special Services* brochure.

Craniosacral Therapy • Reiki • Reflexology

On-Site Chair Massage • Thai Yoga Massage

Mind/Body Massage • Meditation Session

Lymphatic Drainage • Soft Tissue Release

For more information visit the front desk or online at

www.valhallahc.com

THE BodyWorks

Massage & Corrective Muscle Therapy



**The BodyWorks
at Valhalla Health
& Fitness Club**
4970 DeMoss Road
Reading (Exeter),
PA, 19606
(610)779-6006



www.valhallahc.com

Pricing for all services, unless otherwise noted.

Intern is a Certified Massage Therapist

LMT is a Licensed Massage Therapist proficient in providing a wide variety of massage modalities & services.

Senior LMT has advanced knowledge & skill in the practice of massage & corrective bodywork. They provide all services for physician referrals.

We offer three levels of pricing to suit individual needs.

Level	1/2 hr.	1 hr.	1 1/2 hrs.	2 hrs.
Intern	\$30	\$55	\$80	n/a
LMT ,.....	\$35	\$65	\$95	\$130.
Senior LMT	\$40	\$75	\$110	\$150.

**For information on individual Therapists,
visit the website or front desk**

www.valhallahc.com

Therapeutic Massage is scientifically proven to promote relaxation, and well-being by alleviating the common discomforts of both physical and emotional stress. Therapeutic Massage is defined as the movement of muscles to increase circulation and flexibility using light to medium pressure. During a therapeutic session, gentle stretching, movement of the joints, and various massage techniques are applied to the top most layers of muscles to release stress, and muscle tension. Therapeutic massage can be both relaxing and energizing and each session can be tailored to meet individual needs.

Deep Tissue Massage gives relief by getting to the root of the problem. Through advanced training and experience, various massage techniques are integrated to relieve chronic pain, muscle spasm, and reduce inflammation. A session may focus on a particular problem area or overall body balancing. Get relief from discomfort, let go of stress and tension, improve posture, restore alignment, and improve range of motion through corrective, deep muscle therapy.

Pfirmer Deep Muscle Therapy (PDMT) is a highly refined system of corrective treatment designed to aid in the restoration of damaged muscles and soft tissue in the body. PDMT uses a specific series of cross-fiber movements to release adherent and fibrous muscle conditions that exist deep in the muscle layers. PDMT has been effective in alleviating sports injuries, trauma, occupational stresses, arthritis, backache, neck tension, and circulatory problems to name a few. Whether used for the prevention or correction of many serious muscle conditions, Pfirmer is indeed the healing touch. Ask for **Christina, Senior LMT**

Myofascial Release Therapy (MFR) balances the fascia of the body. Fascia is a tough connective tissue that is integrated into every muscle, bone, nerve, and organ. The fascia acts like a web, holding everything in the body together much like the white web seen in and around a peeled orange. MFR is used for releasing and removing fascial restrictions with the goal of eliminating pain, increasing range of motion, restoring balance and equilibrium.

Maternity Massage is a natural way to feel great. The Mother-to-be will be in the hands of a Licensed Massage Therapist experienced in pregnancy massage. As little as one massage during or after pregnancy can provide lasting relief and alleviate common complaints associated with this miraculous growth process. Mom remains partially clothed and is respectfully kept covered. Ask your Obstetrician or Midwife if a Massage is right for you.

The BodyWorks, Valhalla's signature treatment

This unique massage is exclusive to the *BodyWorks Massage & Muscle Therapy Center*. By integrating Valhalla's resort like amenities into our signature treatment you get more than just a massage. This **90 minute** session begins with your choice of hot packs or use of the sauna. After opening the pores, a therapeutic, hydrating blend of Organic crème with 100% pure essential oils is massaged thoroughly into the skin. Showers are available for use before or after your treatment. We provide you with a robe, towel, bottle of water and a complimentary snack.

Intern \$90. LMT \$105. Senior LMT \$120.

We are here to help you !