

# Massage Therapy at Olympia Fitness Clubs

## Betsy Long, Licensed Massage Therapist

**Swedish Massage (30-90 min):** basic full-body massage is intended for relaxation and stress relief. Prices vary based on time. \$65 for 1 hour.

**Hot Stone Massage (60-90 min):** Using heated basalt stones, this relaxing massage increases circulation and decreases tension. Price: 60 min. - \$80 and 90min - \$100.

**Mama-to-be Massage (30-60 min):** This service is only available during the mother's 2nd and 3rd trimester. This soothing, light massage is extremely calming. Price: \$75 for 1 hour.

**Chair Massage (5-35 min):** A massage for the neck, back, and arms where the client is seated and fully clothed. Ideal for a lunch break or quick pick-me-up. Price: \$1 per minute.

Massage by Appointment Only

Monday-Saturday.

No gym membership necessary.

Contact:

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