

Why get a massage?

Can help relieve conditions such as:

- Tension Headaches
- Carpal Tunnel Syndrome
- Tendonitis
- Arthritis
- Fibromyalgia

May provide health benefits such as:

- Increased circulation
- Increased flexibility
- Strengthened immune system
- Reduced stress and anxiety
- Reduced blood pressure
- Increased healing time

Please stop by the Welcome Desk to purchase
and schedule an appointment

With one of our Licensed Massage Therapists

Thursday: Gary 10:30AM-1:30PM

Friday: Scott 11AM-2PM

Saturday: Gary/Scott 9AM-12PM

Sunday Gary 1PM-4PM

For appointment time request other than times

listed above please contact the Wellness

Department at

(860) 871-0008

ext. 107 or ext 112

\$105/hour & half

\$65/hour

\$47.50/half hour

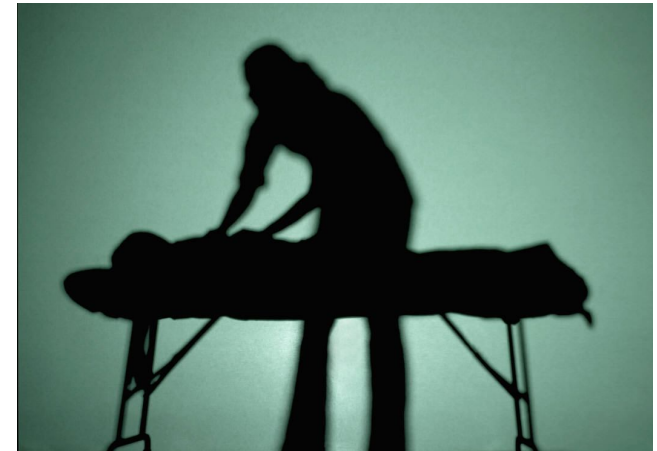
TRY-A-Pack \$165 for three 1 hour sessions*

****(one time only per member)***

Touch the body.

Calm the mind.

Heal the spirit.



Treat yourself or a loved one to a relaxing
and soothing experience today!
Sign up at the Welcome Desk

MEET OUR THERAPISTS

Scott Sweet: Scott has been a Licensed Massage Therapist since 2000. He is a Professional Member of the American Massage Therapy Association and is certified by the Orthopedic Massage Education and Research Institute (OMERI).

Gary Tyler: I have been a licensed massage therapist for 13 years now I went to Connecticut Center for massage therapy and I graduated in Dec of 1999 I am a member of the AMTA and specialize on the injured and seniors I have over 1500 hours of training and have worked on over 2000 people.



PRICE LIST

Therapeutic Massage-1 hour	\$65
Therapeutic Massage-1/2 hr	\$47.50
Therapeutic Massage-90 min	\$105

TRY-A-PACK

Massages



3-1 hour massages: \$165

...that's a \$15 savings!

Makes a great gift!

**Schedule appointments
at the Welcome Desk today!**

Phone: 860-871-0008
11 Pinney Street
Ellington, CT 06279

