

# RELAX DE-STRESS RECOVER



**MASSAGE THERAPY AT THE DANVILLE FAMILY YMCA**



A variety of massage therapy techniques are available which are designed to help improve health and well-being and include the following:

- Muscle pain reduction
- Lower blood pressure
- Improve circulation
- Stress reduction
- Injury risk reduction
- Recovery assistance
- Increased range of motion
- Improved activity

We offer convenient and affordable 30 and 60-minute massage sessions with our Licensed Massage Therapist. See the back for more information.

## **BOOK YOUR MASSAGE TODAY!**

**SEE BACK FOR BOOKING INFORMATION • GIFT CERTIFICATES AVAILABLE**

# MASSAGE PACKAGES & PRICING

30-minute massage:

Members: \$35

Non-Members: \$45

60-minute massage:

Members: \$50

Non-Members: \$60

Package of 10 (60 minute) massages: Members: \$450

- Each massage session time includes consultation and dressing time.
- Consultation time could include health history, problem areas, massage type, desired pressure, etc.
- Payment for services are taken at the Membership Services Desk.
- ALL massage sessions must be redeemed within 120 days.
- Packages are only available to Members of the Danville Family YMCA.

## MEET OUR MASSAGE THERAPIST



**Kellie Duncan, L.M.T.**

Mrs. Kellie Duncan is a Licensed Massage Therapist. She was educated first at Danville Community College where she graduated with an Associate's Degree in Science. She continued her education at Natural Touch School of Massage. In her free time, she enjoys spending time with her family by fishing and camping.

Kellie has 20+ years in Massage Therapy. Book a massage with her today!

## BOOKING INFORMATION

- Sessions are by appointment only. Schedule an appointment with our massage therapist by calling:
  - **Kellie Duncan at 434.228.3893.**
- Rescheduling of any massage requires a minimum 24-hour notice. Less than 24-hour notice will result in a loss of a massage. Contact your massage therapist for cancellations and to reschedule.
- Relax, De-stress, Recover! Book your massage appointment today!