

RELAXATION
**BACK &
NECK PAIN**
DEEP TISSUE
SPORTS INJURIES
PREGNANCY

**LIFE IS BETTER
WITH MASSAGE**

CONTACT

Sports, Fitness & Outdoor Recreation Center
Clay Kaserne, Bldg. 1631
0611-143-548-9830 | 548-9830



PRACTITIONERS



wiesbaden.armymwr.com

**M A S S A G E
P R O G R A M**

DEEP TISSUE

uses a variety of techniques (Trigger Point, Myofascial, Neuro-Muscular Therapy, Orthopedic Massage) to relieve tension in the deeper layers of tissue in the body. It is highly effective for releasing chronic stress areas due to misalignment, repetitive motions and past lingering injuries. Due to the nature of the deep tissue work, open communication during the session is crucial to make sure there is no discomfort. Keep in mind that soreness can be common after the treatment, and that plenty of water should be ingested to aid with the flushing and removal of toxins that will have been released from the deep tissue. This technique is also great for Injury Treatment. All Therapists offer this modality.

SPORTS MASSAGE

focuses on muscles relevant to the event. For athletes who train continuously, the goal is to enhance endurance, lessen the chance of injury and shorten the time needed to recover from an event. Sports Massage may utilize a variety of techniques (Trigger Point, Myofascial, Neuro-Muscular Therapy, Orthopedic Massage, Swedish Massage & Hydrotherapy). Prior to an athletic event, Sports Massage may be used with stretching in order to help athletes to loosen, warm and prepare their muscles so that their performance and endurance might be enhanced. Following an athletic event, Sports Massage may be used to relieve pain, prevent stiffness, and return the muscles back to their normal state. Sports massage may also be used for injury rehabilitation. All Therapists offer this modality.

INJURY TREATMENT

uses a variety of techniques (Deep Tissue, NMT, Myofascial, Lymphatic ,Trigger Point, Orthopedic Massage) to help treat specific injuries. Example: Carpal Tunnel, whiplash, and repetitive stress injuries. All Therapists offer this modality.

KINESIO TAPING

targets different receptors to alleviate pain and facilitate lymphatic drainage by microscopically lifting the skin. This lifting affect forms convolutions in the skin thus increasing space and allowing for a decrease in inflammation of the affected areas. Exclusively offered by Ruth Douglas.

*\$5 with Massage | \$15 without Massage

SWEDISH MASSAGE

combines oils or lotions with an array of strokes such as effleurage, petrissage, and friction which improves circulation, relieves pain, decreases stress and anxiety, increases flexibility, and enhances mental clarity. All Therapists offer this modality.

PREGNANCY MASSAGE

uses various techniques (including Lymphatic Drainage) specially developed for the expecting mother to help release pain and discomfort experienced throughout pregnancy. Pregnancy is a time when a woman's body endures tremendous stress due to dramatic physical and emotional changes. The benefits are profound, including emotional support, relief of joint pain due to extra weight and postural imbalance, and improved breathing and relaxation. All Therapists offer this modality.

LYMPHATIC DRAINAGE

gently and rhythmically moves the lymph through the body to relieve pressure and enhance the functioning of the immune system. As both a preventative and remedial technique, it can be used for a wide range of purposes including faster recovery from injury, reduction of swelling and discomfort from pregnancy, and strengthened resistance to illness and is most often combined with injury, sports, and pregnancy massage. All Therapists offer this modality.

HOT STONE MASSAGE

uses heated stones placed at specific sites on your body to deepen relaxation and promote circulation in your muscles, release tension and stress. The overall experience is very relaxing, nurturing, and rejuvenating. Exclusively offered by Eden Mettert.

*60 min. - \$90 | 90 min. - \$120

AROMATHERAPY, ESSENTIAL OILS, AND COLD THERAPY

are available as a part of all massage sessions. Additional modalities are available, contact our individual therapists for further information.

PRICING

