



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RELAX YOUR MIND HEAL YOUR BODY

Health, Well-being & Fitness
DOWNTOWN SEATTLE

MASSAGE THERAPY

SWEDISH MASSAGE

Using varied techniques and pressure, intensity can be light or deep. Pregnancy Massage, Sports Massage, and Deep Tissue are all based in Swedish Massage.

TREATMENT MASSAGE

Treatment massage appropriate for treating chronic pain, overuse injuries, postural dysfunction, recovery from injuries & surgeries, and allowing effortless movement.

CUPPING

Using negative pressure as opposed to traditional massage pressing techniques, cupping therapy, detoxifies, relieves pain, and boosts energy by applying suction cups to the body.

FULL BODY MASSAGE

30-minutes: \$42.00
*60-minutes: \$63.00
*90-minutes: \$95.00

*Buy 3 receive a discount



REGISTER

Member Services
206-382-5010

QUESTIONS

Bergen Beck
206-382-5088 or bbeck@seattleyymca.org

