

Massage Therapy Services

Massage Techniques Offered

Deep Tissue Massage

is designed to relieve severe tension in the muscle. This type of massage focuses on the muscles located below the surface of the top muscles. Deep tissue massage is often recommended for individuals who experience chronic pain or are involved in heavy physical activity as well as for patients who have sustained physical injury.

Swedish Relaxation Massage

This is a type of full-body relaxation massage that incorporates firm, but gentle, pressure to promote relaxation and ease muscle tension with lifting, kneading and compression for a slow, gentle and soothing experience.

Sports Massage

Not just for athletes, this deep-tissue therapy combines Swedish massage with range-of-motion and stretching techniques. Ideal for the occasional or serious athlete's pre-event body preparation or post-event body restoration.

NeuroMuscular

This is a type of deep tissue massage that involves deactivating trigger points that may cause local pain or referred pain and cause movement restrictions throughout the body. Manual pressure, vibration and/or other treatments are applied to these points to resolve the "knots" and relieve pain.

Prenatal Massage

A massage created with the mother-to-be in mind. Provides soothing touch to relieve muscle tension, keep joints flexible and reduce swelling during the ever-changing physical experience of pregnancy. Massage should not be performed during the first seven weeks of pregnancy

Hot Stone Massage

Smooth polished basalt lava stones are heated and applied to the body during a relaxation massage. The deep penetrating warmth of the stones helps ease stubborn muscle tension and alleviates stress by encouraging a deeper state of relaxation than a conventional massage.

Myofascial Release

The focus is on the various aspects of the mechanical and reflexive functions of connective tissue. Assisting the fascia to elongate, unwind and rebound. Beneficial to those who suffer from limited range of motion, chronic pain and spasms.

Cupping Therapy

Cupping can be added during the massage to move stagnation, relieve inflammation, and drain/move fluids. The mechanism is to draw blood from the arteries to the capillaries. That blood then returns via the veins to be cleansed or disposed of. Cupping is not an irritant to the skin or body. It draws inflammation out but does not add to it.

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Services offered at:

**OhioHealth Ontario
Health and Fitness Center
1750 West Fourth Street
419.526.8900**

Member and OhioHealth Associates Pricing and Packages:

**Ask About
Payroll Deduct**

<u>Individual Sessions</u>	<u>3-Session Package</u>	<u>6-Session Package</u>
30-minute \$40	30-minute \$115	30-minute \$225
60-minute \$55	60-minute \$160	60-minute \$315
90-minute \$90	90-minute \$265	90-minute \$525

Non-Member Pricing and Packages:

<u>Individual Sessions</u>	<u>3-Session Package</u>	<u>6-Session Package</u>
30-minute \$45	30-minute \$130	30-minute \$255
60-minute \$60	60-minute \$175	60-minute \$345
90-minute \$95	90-minute \$280	90-minute \$555

OhioHealth Cancellation Policy:

After one no show or missed appointment without sufficient time to notify massage therapist, clients will be asked to provide payments upfront at time of scheduling.

*Refunds will not be given for reoccurring missed appointments.