

# Massage Therapy Services

OhioHealth Ontario Health and Fitness Center

## 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.



## SERVICES OFFERED AT:

OhioHealth Ontario  
Health and Fitness Center  
1750 West Fourth Street  
(419) 526-8900

### MEMBER AND OHIOHEALTH ASSOCIATES PRICING

INDIVIDUAL SESSIONS
30 MINUTE   \$45
60 MINUTE   \$60
90 MINUTE   \$95

*Ask about payroll deduct*

### NON-MEMBER PRICING

INDIVIDUAL SESSIONS
30 MINUTE   \$50
60 MINUTE   \$65
90 MINUTE   \$100

#### OhioHealth cancellation policy:

A minimum 24-hour advanced notice to cancel your appointment is required. Anything less than 24 hours can be subject to a fee charge unless rescheduled in the same day.