

**Massages today are no longer just luxuries, they are part of a regular routine of mental and physical maintenance that can rejuvenate your mind, body and spirit. Massage can promote relaxation, alleviate stress and energize your senses. It can also relieve pain, help heal injuries, improve circulation and address health conditions.**

**Done regularly, massage can provide immediate benefits that will leave you feeling better inside and out.**

### **Types of Massage (varies by therapist)**

- Swedish Massage**
- Deep Tissue Massage**
- Myofascial Release**
- Sports Massage**
- Muscle Restore Technique**
- Hot Stone Massage**

**GREENE COUNTY YMCA  
404 Y Street  
Greeneville, TN 37745  
423-639-6107  
[www.greencounty-ymca.org](http://www.greencounty-ymca.org)**



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **TAKE CARE OF YOU**

**Massage Therapy Brochure  
GREENE COUNTY YMCA**



# SCHEDULING IS AS EASY AS....

## 1. CONTACT A MASSAGE THERAPIST

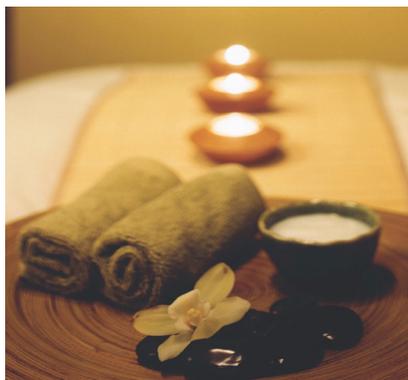
<b>Hullen Brady</b> 470-5411	<b>Jeannine Horton</b> 207-3371
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Contact preferred massage therapist to schedule and confirm availability.

**MUST BE 18 OR OLDER!**

## 2. FILL OUT PAPERWORK

Complete Health Form prior to appointment along with Client Release and Consent Form.



## 3. PAYMENT

Receipt of payment must be provided to therapist at time of scheduled appointment.

### Pricing

**30 minute massage:** \$40.00

**60 minute massage:** \$60.00

**90 minute massage:** \$80.00

*(Non-Members: \$10 day pass required per session)*

## MEET OUR THERAPISTS



**Hullen Brady** is a licensed, NCBTMB certified Massage Therapist and a member of the American Massage Therapy Association. He has been in private practice since 2004 and was instrumental in developing the Massage program at the YMCA. His modalities include: Swedish, Deep Tissue, Myofascial Release, (which helps to eliminate pain and restore motion), Sports, Hot Stone massages and the Muscle Restore Technique for migraines and other headaches.



**Jeannine Horton** has a bachelors degree and is a Licensed Massage Therapist practicing since 2009. She is a certified member of the Associated Bodywork & Massage Professionals and a graduate of Bhakti Academy of Natural Healing. She is trained in Swedish, Relaxation, Athletic, Deep Tissue, Hot Stone and Bhakti Massage & Energy Work including alternative healing modalities. Services utilized in massage may include acupressure, muscle meridian sedation, hot/cold thermal therapy, essential oils, assisted stretching, breath exercise and stress relieving meditation. Specializes in neck, back and foot massage.