

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.greenecounty-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

**Jeannine
Horton
207-3371**

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 THERAPIST



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.