

GAC MASSAGE

Benefits of massage

- Pain management
- Improved range of motion
- Improved flexibility
- Relaxation of tight muscles
- Improved circulation
- Blood pressure management
- Stress reduction
- Accelerates soft tissue healing
- Boosts immune system
- Increases sense of well being

Massage services

Specializing in auto injury, spinal cord injury, and fibromyalgia. Please call therapist for medical massage pricing.

Facials and Waxing

We now offer Facials and eyebrows, chin and upper lip waxing. Appointments to be made with Tracey Kelly at service desk.

- ***Appointments encouraged, walk-ins welcome***
- ***Table massages available 7 days a week in 30, 60, 90 and 120 minute sessions***
- ***Gift cards available***

Schedule your massage at the Service Desk (810) 606-7300

Types of massages and rates on the back. —>



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GENESYS
ATHLETIC CLUB

Medical massage (Auto injury only with prescription)

Performing medical massage for auto injury and spinal cord clients requires a firm background in pathology and utilizes specific treatments appropriate to working with pain and recovery from injury. The therapist may work from a physicians prescription.

Fibromyalgia massage (\$65 an hour)

Performing specific techniques to help reduce pain and stress with the body including stretches and heat. Clients specific needs are incorporated in the massage to establish a sense of well being.

Swedish massage (\$65 an hour)

Swedish massage is treatment designed to energize the body and includes general relaxation, improved circulation, dissolution of scar tissue adhesions which may speed healing and reduce swelling.

Deep tissue massage (\$65 an hour)

The muscles must be relaxed in order to effectively perform deep tissue massage, otherwise tight surface muscles prevent the practitioner from reaching deeper musculature. It helps with chronic muscular pain and injury rehabilitation and reduces inflammation related pain caused by arthritis and tendonitis. It is generally integrated with other massage techniques.

Sports massage (\$65 an hour)

Sports massage is designed to enhance athletic performance and recovery. This massage is useful to the athlete for pre-event, post-event and injury treatment. Fast paced and stimulating, it helps to establish blood flow and warm up muscles.

Aroma therapy massage (\$75 an hour)

The use of pharmaceutical grade essential oils applied to the body as a healing technique to aid in relaxation, improved circulation and sense of well being. Please ask therapist.

Hot Stone Massage(\$135.00 90mins)

Hot stone massage therapy melts away tension, eases muscle stiffness and increases circulation. The hot stones also expand blood vessels, which encourages blood flow throughout the body. Promotes deep relaxation and reduces chronic pain and stress.

Relaxation Massage (\$65 an hour)

Gentle pressure used throughout the massage with different techniques.

1hr: \$65/ 30mins:\$45/ 90mins:\$90/ 2hrs:\$130

Facials (\$65 an hour)

Relaxing facial helps clean and exfoliate your skin for a fresh new feel.

Facial waxing also available.

lip: \$10/ chin:\$10/ eyebrows:\$20/ Waxing Package:\$35