

NATURAL THERAPEUTIC SERVICES RATES

SWEDISH MASSAGE	30 min	60 min	90 min
Members	\$35	\$55	\$85
Non-Members	\$40	\$62	\$90

THERAPEUTIC MASSAGE

Members	\$40	\$60	\$85
Non-Members	\$45	\$68	\$95

HOT STONE MASSAGE

Members	\$40*	\$70
Non-Members	\$45*	\$75

* Cost for a 45-minute massage.

AROMATHERAPY MASSAGE

Members	\$40	\$65
Non-Members	\$45	\$72

REFLEXOLOGY

Members	\$25	\$50
Non-Members	\$35	\$55

BODY SCRUB

Members	\$40
Non-Members	\$45

PRENATAL MASSAGE

Members	\$38	\$60
Non-Members	\$40	\$65

SIGNATURE MASSAGE

Members	\$40	\$70
Non-Members	\$45	\$75

CHAIR MASSAGE ENERGY BOOSTERS

Members	\$7	\$10	\$14
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ABOUT OUR THERAPISTS

Therapists are trained, insured and licensed by the State of Pennsylvania and complete annual continuing education courses.

SCHEDULING AN APPOINTMENT

The YMCA Natural Healing and Therapeutic Center is open to Y members and Non-Members through an appointment which can be scheduled Monday-Saturday at the Y Membership Desk or by calling the Glenwood Park Y at (814) 868-0867.

Please arrive 20 minutes prior to your scheduled appointment to complete necessary paperwork.

YMCA MISSION:

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.



**YMCA OF GREATER ERIE
GLENWOOD PARK YMCA**

3727 Cherry Street
Erie, PA 16508
P (814) 868-0867
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Rejuvenate Spirit, Mind & Body

**GLENWOOD PARK YMCA
Natural Healing Therapeutic Center**



Welcome to the Glenwood Park YMCA Natural Healing Therapeutic Center, an extension of programs offered through the Holistic Center.

The YMCA of Greater Erie has led community-based health and well-being programs for more than 150 years. The triangle in our logo is a symbol of a person's essential unity—spirit, mind and body. And it is with a steadfast commitment to our holistic approach to health and well-being that we add natural healing therapeutic services to our menu of community programs.

Our intention at the Natural Healing Therapeutic Center is to provide a holistic approach to utilizing various modalities and techniques to facilitate relief and lasting change for spirit, mind and body.



OUR OFFERINGS

SWEDISH MASSAGE

This world-renowned technique combines light to medium pressure with rhythmic strokes to soothe muscle tension and promote relaxation.

THERAPEUTIC MASSAGE

Therapeutic massage is the manipulation of muscles and tissues of the body to prevent and alleviate pain, discomfort and stress.

Among our offerings:

- **NEUROMUSCULAR/DEEP TISSUE MASSAGE**

Slow and deep finger pressure technique to alleviate pain, muscle spasms and stress.

- **SPORTS MASSAGE**

Sports massages can be helpful to eliminate pain and restore motion through pre/post event massages and treatment for common sports injuries.

- **HOT STONE MASSAGE**

The smooth basalt lava stone brings relief to sore, stiff muscles. Enjoy heated stone with the aroma of your choice that will relax tense muscles. The stones are different textures and shapes and applied with various stroke techniques. Cool Stone Facial Massage is also available.

AROMATHERAPY MASSAGE

Essential oils are used during this treatment to accelerate and achieve desired physiological and psychological effects.

REFLEXOLOGY

By applying deep pressure to specific points on the feet, you may be able to aid in the improvement of organ and gland function, stress reduction and overall health.

BODY SCRUB

This technique helps remove accumulated dead cells from the skin as well as increase circulation, and eliminate waste and toxins to promote healthy supple skin.

PRENATAL MASSAGE

For the special mom-to-be, specific positioning and careful techniques are used to reduce aches and pains of your ever changing body (second and third trimesters only).

REIKI

Practitioners channel energy in a particular pattern to heal and harmonize.

SIGNATURE MASSAGE

A blend of our best! Warm-smooth stones along with aromatherapy oil and Reiki healing enhance the experience of your full body relaxation massage.