

MASSAGE & ENERGY CENTER RATES

AROMATHERAPY MASSAGE	30 min	60 min	90 min
Members	\$40	\$67	
Non-Members	\$45	\$72	

BODY SCRUB

Members	\$40		
Non-Members	\$45		

HOT STONE MASSAGE

Members		\$65	\$90
Non-Members		\$70	\$95

PRENATAL MASSAGE

Members		\$60	
Non-Members		\$65	

REFLEXOLOGY

Members	\$30	\$50	
Non-Members	\$35	\$55	

REIKI

Members	\$33	\$58	\$70
Non-Members	\$38	\$63	\$75

SIGNATURE MASSAGE

Members		\$70	\$95
Non-Members		\$75	\$100

SWEDISH MASSAGE

Members	\$35	\$60	\$85
Non-Members	\$40	\$65	\$90

THERAPEUTIC MASSAGE

Deep Tissue, Eden Energy, Sports or Thai Massage

Members		\$65	\$90
Non-Members		\$70	\$95



YMCA OF GREATER ERIE GLENWOOD PARK YMCA

3727 Cherry Street
Erie, PA 16508
P (814) 868-0867
F (814) 868-9334
ymcaerie.org



Rejuvenate Spirit, Mind & Body

MASSAGE & ENERGY CENTER Glenwood Park YMCA



Welcome to the Glenwood Park YMCA Massage & Energy 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 massage & energy services to our menu of community programs.

Our intention at the Massage & Energy 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

AROMATHERAPY MASSAGE

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

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.

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.

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).

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.

REIKI

A form of energy healing that leaves the recipient feeling relaxed and at peace. It enables the body, mind and spirit to heal.

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.

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.

Choose from three types of Therapeutic Massage:

- **DEEP TISSUE/NEUROMUSCULAR MASSAGE**
Slow and deep finger pressure technique to alleviate pain, muscle spasms and stress.
- **EDEN ENERGY MEDICINE**
These unique sessions fuse consultation time with acupressure points on the body to invite physical, emotional, and spiritual well-being. Sessions are customized for each individual including empowering self-care techniques to help promote joy and vibrancy.
- **SPORTS MASSAGE**
Sports massages can be helpful to eliminate pain and restore motion through pre/post event massages and treatment for common sports injuries.
- **THAI MASSAGE**
Also known as yoga massage, assisted yoga or ancient massage, this technique incorporates aspects of acupressure, massage, yoga and passive-assisted stretching. Thai massage is performed on a soft floor mat, with clients fully clothed in loose, comfortable attire suitable for the deep stretching that will be part of the session (90-minutes).