

MASSAGE SERVICES

MEET OUR WRAC THERAPISTS



Brian Richardson,
LMP



Kelly Larson,
LMP

Massage Therapy is the best known antidote for stress-related tension. Reducing tension gives you more energy, improves your outlook on life, and in the process, can reduce your likelihood of illness and injury.

Massage Therapy acts directly on your muscles with stretching and kneading motions. It stimulates the nervous system and instructs the muscles to relax. Massage is great after a workout! By flushing muscles of built-up waste products, massage decreases soreness after vigorous exercise. It can treat injuries such as muscle strains and tendonitis. It reduces inflammation by stimulating the circulatory and lymphatic systems to bring nutrition to the injured area and remove waste products. Massage realigns collagen fibers which misalign in the formation of scar tissue, making the tissue more pliable and allowing for an increase of range of motion, and decreased pain.

Massage Therapy can help enhance body awareness, and improve your health in many ways. It is an effective and recognized modality for maintaining your body and health.

Types of Massage

Swedish Massage - A combination of seven categories of strokes designed to increase circulation and ease muscle tension.

Deep Tissue Massage - Techniques that are specifically directed toward the deeper tissue structures of the muscle and connective tissue.

Sports Massage - A massage designed to aid the healing process after a workout or competition to prevent injury to the muscles.

Injury Treatment - Several techniques designed to decrease inflammation and pain of recent or chronic injury.

Massage Fee

Members:

30 Minute Massage	\$34	\$31
60 Minute Massage	\$68	\$62
90 Minute Massage	\$88	\$79
120 Minute Massage	\$120	\$108

Packages available...please ask us.

Appointment Cancellation Policy:

We require at least 24 hours notice for cancellation of appointment.

Late cancellations and

“no-shows” will be charged

1/2 of the appointment fee.

**Gift
Cards
available.**

Available by appointment.
Schedule with front desk staff
or call 662-3544.

The
WRAC
Wenatchee Racquet & Athletic Club



The Massage Appointment...

A one hour massage is the most common, however, you may request a longer or shorter session. One hour is enough time for a deeply relaxing, full-body massage or a more in-depth treatment of a particular area (i.e. the neck, back or shoulders). More frequent 1/2 hour massages are helpful in injury treatment.

What to Expect...

Here are a few guidelines to help you feel at ease and to gain the greatest benefit from your massage session:

Undress to your comfort level. The practitioner is sensitive to your need for privacy and will keep you covered with a sheet, undraping only the area being massaged.

Close your eyes and allow yourself to relax as completely as possible. Focus on your breathing...slow, deep and even.

When the practitioner's hands locate an area of tension or pain in your body, consciously relax those areas. As you exhale, visualize the tension leaving your body.

Falling asleep during a massage is not uncommon. The practitioner will gently wake you when it is time to turn over and when the massage is finished.

Our Massage Practitioners...

Brian Richardson, a 2000 graduate from East West Massage School in Portland, Or., began his practice at the club in 2001. Except for a 2 year stay in Hawaii and a couple of sailing adventures, he's been with the club ever since. His free-time activities of playing tennis, cross-country and alpine skiing give him a personal appreciation of the many physical issues faced by club members. He specializes in sports, injury, stress relief, repetitive physical stress and relaxation massages. His use of slow, deep compression and waiting for muscles to accept each stage of treatment before proceeding to deeper levels, accomplishes as much, or even more, than traditional deep tissue massage while being much less painful!

Stephanie Elliott has been a Licensed Massage Practitioner for the past 11 years, working in both the fitness and spa industries. During that time, she has developed specialties in Sports, Injury Treatment, Deep Tissue, Swedish Relaxation and Pregnancy Massage. She is excited to share her expertise with those that are already familiar with massage and to introduce the incredible benefits of massage to any new comers. Each client will be worked with individually to determine personal treatment goals and to help each person reach their maximum benefits.

Kelly Larson, Licensed Massage Parctitioner.

www.wrac.org

662-3544

Massage appointments may be made at the Front Desk or by calling
(509) 662-3544.