



**New
Location!**

elements®

therapeutic massage

at Buehler YMCA

1400 W. Northwest Hwy.
Palatine, IL 60067
847.359.2400



Welcome to the
Buehler YMCA & Elements!
Please enjoy this gift of a
discounted massage for your
first visit with us!

Swedish Massage

This is a light and relaxing massage that utilizes long, flowing strokes, often but not necessarily in the direction of the heart. This soothing massage and gentle touch takes you to a new level of stress reduction.

Deep Tissue & Trigger Point Massage

Deep muscle massage will flush toxins from your body and enhance your immune system. Working a specific joint, muscle or muscle group, your therapist can access deeper layers of the soft tissue.

Sports Massage

Regular human activity leads to a consistent build up of tension in the muscles and causes stress on joints, ligaments and tendons. Sports massage is designed to reduce injuries and alleviate inflammation; this technique is for novice and professional athletes before, during, and after training events.

Prenatal Massage

Prenatal Massage is a form of therapeutic bodywork which focuses on the special needs of the mother-to-be as her body goes through the dramatic changes leading up to childbirth. The techniques used enhance the well being of both mother and baby and reduce pregnancy discomfort.

Massages

30-min session \$35
55-min session \$59
80-min session \$85

Chair massage also available upon request.

Packages*

12 Packs-come with a FREE 55-min session
6 Packs-come with a FREE 30-min session

55-min sessions-\$55 each session
(12) SAVES \$107 (6) SAVES \$59

80-min sessions-\$80 each session
(12) SAVES \$119 (6) SAVES \$65

**Can Be Shared with Family & Friends; Gift Certificates Available*

Only

\$49

**55-Minute
Session**

847-963-1600

New YMCA Members Only

One per customer. Can Only be used at YMCA location. Expires 3 months from YMCA activation date.

ELEMENTS THERAPEUTIC MASSAGE

**Hundreds of Weekly
Appointments Available,
7 Days a Week
847-963-1600
www.elementspalatine.com**

Primary Palatine Location and the YMCA location are held as two different locations. Prices/charges are limited to each location separately.

Swedish · Sports · Prenatal · Chair Massage · Deep Tissue/Trigger Point · And More

