

# Experience the Elements at the YMCA



**elements**<sup>®</sup>

therapeutic massage

For your convenience  
A NEW location is now open!

Location:

**The Buehler YMCA in  
Palatine**

Hundreds of Weekly  
Appointments Available,  
7 Days a Week

**847-963-1600**

[www.elementspalatine.com](http://www.elementspalatine.com)

## *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.

*Walk-Ins  
Welcome!*

## Massages

<b>30-minute session</b>	<b>\$35</b>
<b>55-minute session</b>	<b>\$69</b>
<b>80-minute session</b>	<b>\$95</b>

## Memberships\*

<b>55 Minute Membership</b>	<b>\$54/month</b>
<b>80 Minute Membership</b>	<b>\$80/month</b>

\*No Sign up Fee

\*No Cancellation Fee

\*No Contract

\*Rollover Available

## Packages\*

<b>12 pack of 55 minute sessions</b>	<b>\$54 each</b>
<b>6 pack of 55 minute sessions</b>	<b>\$60 each</b>
<b>12 pack of 80 minute sessions</b>	<b>\$80 each</b>
<b>6 pack of 80 minute sessions</b>	<b>\$85 each</b>

\*Can Be Shared with Family & Friends

**Gift Certificates Available**