

What is Massage Therapy?

Whether you are looking to find a sense of balance and tranquility or relief from chronic pain and tension, massage therapy can meet your needs.

Massage Therapy is the therapeutic manipulation of the soft tissues of the body. It affects the muscles and other soft tissues, the nervous system, the circulation and lymphatic system, the skeletal system, the respiratory and digestive system.

PRICING

MEMBER

30 MINUTE MASSAGE \$30

60 MINUTE MASSAGE \$60

90 MINUTE MASSAGE \$85

120 MINUTE MASSAGE \$110

NON-MEMBER

30 MINUTE MASSAGE \$40

60 MINUTE MASSAGE \$70

90 MINUTE MASSAGE \$95

120 MINUTE MASSAGE \$120

Horn Family YMCA

Hours of Operation:

Monday—Friday

5:30am-9:00pm

Saturday 8:00am-5:00pm

Sunday 12:00pm-6:00pm

For more information
contact

Massage Therapist

Lory Slade at 205-2291

Horn Family YMCA
4901 Indian School RD NE
Albuquerque, NM 87110
P 505-265-6971



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INVEST IN YOUR HEALTH

MASSAGE THERAPY

HORN FAMILY YMCA



BENEFITS OF MASSAGE THERAPY

- Massage can help with the prevention of injuries by increasing joint range of motion, muscular flexibility and improving muscle tissue health.
- Massage can help in improving athletic performance, recovery and treatment of an injury, and maintaining a healthy body.
- Many problems and illnesses can be prevented with massage therapy. However massage therapists at the YMCA Clinic recognize that some conditions are outside the scope of massage therapy. They are trained to be aware of these conditions and will refer patients to the appropriate professional within the network that has been established according to the patient's choice.

Many people use massage therapy to alleviate some of the pain and discomfort associated with:

- ◆ Strains
- ◆ Sprains
- ◆ Arthritis
- ◆ Anxiety
- ◆ Back Pain
- ◆ Repetitive Motion Disorders
- ◆ Fatigue
- ◆ Headaches
- ◆ Sciatica
- ◆ Acute Pain
- ◆ Chronic Pain
- ◆ Digestive Issues
- ◆ Stress

**Invest in
your health
today!**

Meet our YMCA Massage Therapist

Lory Slade graduated from Crystal Mountain of Therapeutic Massage in 2011 and is a NM state certified Massage Therapist. Lory specializes in Myofascial pain syndromes and Lomi Lomi Temple Style (Hawaiian Massage). She is also a certified Level 1 Rock Tape Therapist, treating pain, posture, edema, scars and post surgical issues with Rock Tape.

Lory will continue her education in clinical and medical massage practice along with Sports Therapy.

