

MASSAGE THERAPY



SAW MILL CLUB

Massage Services

At Saw Mill Club we specialize in massage and only the best massage experience.

Each session is custom-tailored to the individual needs of the client. The massage will integrate a combination of Therapeutic and Intensive Techniques and strokes that will:

- Diminish Stress
- Increase Circulation
- Relieve Chronic Pain
- Increase Flexibility and Range of Motion
- Lengthen Tight Muscles

We use the highest quality oils, creams and liniments as well as heat and aromatherapy to maximize the massage experience.

Muscle Recovery and Relaxation (Swedish)

Medium pressure strokes will relax muscles, release tension, improve blood flow and circulation

	Member	Guest
30 Minutes	\$85	\$105
60 Minutes	\$120	\$140
90 Minutes	\$170	\$190

Deep Muscle Recovery (Deep Tissue)

Slow strokes and deep pressure to target the deeper layers of muscle and connective tissue

	Member	Guest
30 Minutes	\$95	\$115
60 Minutes	\$140	\$160
90 Minutes	\$200	\$220

All massage services are performed by New York State Licensed and Certified Professionals.

24 hour notice is required for all cancellations or the full appointment fee will be charged.

New clients please arrive 10 minutes prior to your appointment.

Non-Members Welcome.

To schedule an appointment please call **914-241-0797** or email Nicole Pisano, LMT
Nicole.Pisano@genesishealthclubs.com