

## Michelle Testa

I've been practicing my new career in Massage & Bodywork for about a year. I will be here at Glenmore Country Club to assist the members in their wellness needs and sport/fitness requests. My training in this field will bring to the massage clientele a wide range of modalities; from a relaxing Swedish massage to the intensity of deep tissue, cranial sacral, reflexology, pressure point and sports massage. I hope these skills will present my clientele with the opportunity to meet their fitness and wellness goals.

## Steve Corkin

I'm looking forward to continuing to pursue my passion for 'improving people's lives' through the application of appropriate health and well-being practices. I am a certified Personal Trainer, Group Instructor and Sports Massage Therapist. Offering my clientele the opportunity to reach their wellness goals through a variety of massage therapy from Swedish to deep tissue along with dietary and physical advice will prove beneficial to their overall lifestyle goals.



### Additional Information:

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## Swedish

This is the style that comes to mind when most people think about massage. Swedish massage is exceptional for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension. The goals for a Swedish style massage are relaxation, well-being and positive energy upon completion.

**Pricing:**      **30 minutes - \$45.00**  
                      **60 minutes - \$60.00**  
                      **90 minutes - \$90.00**



## Deep Tissue

Deep tissue massage is similar to Swedish massage but is used to target knots and release chronic muscle tension. Other benefits include reducing inflammation and helping to eliminate scar tissue. The focus is on the deepest layers of muscle tissue, tendons, and fascia (the protective layer surrounding muscles, bones and joints).

**Pricing:**      **60 minutes - \$90.00**  
                      **90 minutes - \$110.00**

## Reflexology

Reflexology is a branch of massage that focuses solely on the hands and feet, using specifically targeted points on the extremities to send signals to the brain, reducing stress and returning the body to equilibrium. Reflexology has been known to provide relief from ailments such as tension headaches, arthritis, digestive issues and back pain.

**Pricing:**      **60 minutes - \$90.00**  
                      **90 minutes - \$110.00**



## Pressure Point

Pressure point work is specifically designed to alleviate the source of the pain through cycles of isolated pressure and release. In this type of massage the recipient actively participates through deep breathing as well as identifying the exact location and intensity of the discomfort. The result of pressure point massage is the elimination of toxins in the muscles and the release of energizing endorphins. A significant decrease in pain is often found after just one treatment.

**Pricing:**      **60 minutes - \$90.00**  
                      **90 minutes - \$110.00**

## Cranial Sacral

Cranial sacral therapy is a gentle, non-invasive form of alternative medicine that deals with the movement of the fluid surrounding the skull and spine. Cranial sacral therapy seeks to restore misaligned bones to their proper position and is thought to eliminate the negative effects of stress as well as provide relief from migraine headaches, neck and back pain, temporomandibular joint disorder (the inflammation of the joint that connects the lower jaw to the skull) and more.

**Pricing:**      **45 minutes - \$90.00**



## Packages Available

6 Hour Package for Swedish Massage  
You may use the six hours in any combination of time slots you choose (30, 60, or 90 minutes)

**Pricing:**              **\$300.00 (Savings of \$60.00)**

6 Hour Package for Deep Tissue / Reflexology / Cranial Sacral / Pressure Point  
You may use the six hours in any combination of time slots you choose (60 or 90 minutes). Due to the specialized nature of the cranial sacral massage, if you choose to include that type in the package 60 minutes (not 45 minutes) will be reduced from your overall time.

**Pricing:**              **\$450.00 (Savings of \$90.00)**



To schedule an appointment, please contact:

**Michelle Testa at (434) 591-4552**

**Steve Corkin at (434) 466-6654**

Massages will be given in the group fitness center or your own home.