

# Massage Therapy

## **Benefits of Massage**

Relieves Stress

Provides Relaxation

Relaxes Muscles

Helps Manage Pain

Lowers Blood Pressure

Improves Range of Motion and Flexibility



To book your massage with one of our excellent therapists or to inquire more about our services please contact Mission Fitness at 432-640-6400.

**Mission Fitness**  
8050 Highway 191  
Odessa, Texas 79765  
  
432-640-6400  
[www.missionfitnessnow.com](http://www.missionfitnessnow.com)

# Massage Therapy Services



**mission**  
**FITNESS**  
AT THE MCH CENTER FOR HEALTH & WELLNESS

## Service Descriptions

### Chair Massage

*Short on time? Refresh yourself fast with a rejuvenating chair massage from a licensed massage therapist. You keep all of your clothes on and no oil or creams are applied to your skin.*

15 min	\$15.00
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### Neck & Shoulder Massage

*This type of massage is for relieving tension around the neck and shoulder area where most people carry their stress.*

25 min	\$30.00
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### Full Body Massage

*Also known as the Swedish massage, this is the most common type of massage. It is designed to relax muscles and is performed by rubbing in the same direction as the flow of blood returning to the heart.*

55 min	\$55.00
85 min	\$85.00

### Deep Tissue Massage

*Therapy technique that focuses on realigning deeper layers of muscles and connective tissue. It is especially beneficial for chronically tight and contracted areas of the body.*

55 min	\$70.00
85 min	\$100.00

## Specialty Massages

### Sports Massage

*Massage for athletes or those who play hard. This method is used before and after competition to promote greater athletic endurance and performance, decrease the chance of injury, and reduce recovery time.*

15 min	\$35.00
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### Prenatal Massage\*

*Massage therapy is a wonderful way to provide comfort for every mother-to-be. Therapists will work to relieve the usual muscle tension and aches that occur during pregnancy. Enjoy a comfortable and smoother pregnancy with prenatal massages.*

25 min	\$30.00
55 min	\$55.00
85 min	\$85.00

*\*Not offered during 1st Trimester*

