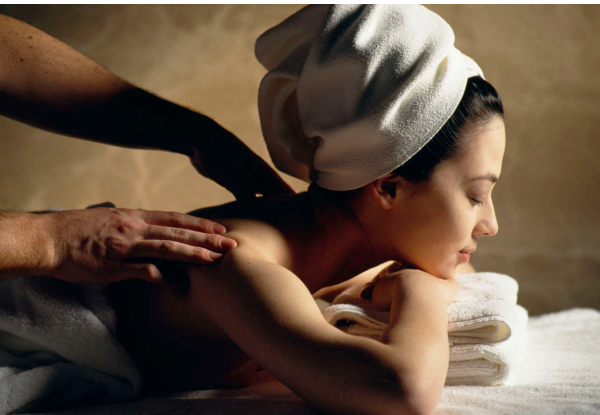




# Reach Your Fitness Potential with Massage

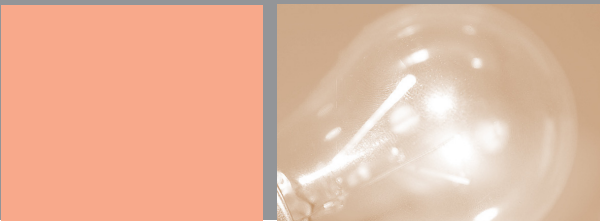
## INTELLIGENT TOUCH MASSAGE

Intelligent touch is a smart approach to therapeutic massage that opens communication between client & therapist. Rather than selecting from a standard service menu, you now can describe your specific needs and goals appropriate to which our therapists will design a specialized massage session. The session may include various techniques including Swedish massage, Deep Tissue massage, Sports massage or energy work.



## WHAT MASSAGE CAN DO FOR YOU!

- Relieves Pain
- Reduce Stress
- Increase Flexibility
- Maximize your fitness potential
- Improve Alignment, Balance & Posture
- Prevent & Help Recover from Injuries
- Enhance your Immune System



## Why get Massage at Sport&Health?

With over 30 years working with Sport&Health members, our team has the education and experience you need!

Fees: Vary from club to club, call or visit your club or their website for further details. *Additional gratuity is appreciated. Standard in the industry is 10% to 20%*

Clients must be at least 18 years old. Kindly give 24 hour notice prior to cancelling your appointment or we will need to charge for the appointment time.



**Washington Wellness, LLC**  
promoting health through intelligent touch

**sport&health**  
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