

Massage Therapy at the Lexington Family YMCA



Massages help the physical body by increasing blood and lymph circulation. They help the mind by releasing chemicals in the brain to reduce stress and to release contracted muscles that are creating pain. Massages are an essential part of overall wellness.

Massages are available Monday through Friday by appointment only.

Swedish Massage and Prices:

30 Minutes	\$30.00
60 Minutes	\$60.00
80 Minutes	\$80.00

Swedish Massage is a light to medium pressure.



Deep Tissue Massage and Prices:

60 Minutes	\$70.00
80 Minutes	\$90.00

Deep Tissue Massage is a heavier pressure.

Sports Massage and Prices:

60 Minutes	\$70.00
80 Minutes	\$80.00

Sports Massage is for the serious athlete and involves stretching techniques along with deep tissue massage.



Full Body Massage: Scalp, neck, upper chest, arms, hands, legs, feet and back.
Available for 60 and 80 minutes massages only.

****Hot rocks and Foot massages are available for additional fees.****

To set up your appointment please call the Lexington Family YMCA 359-3376 or stop by the front desk.