

improve every aspect of life - physically, mentally and emotionally.



Massage can be enjoyed by everyone and should not be considered just an indulgence, but rather a way to improve overall wellness, athletic performance and every day activities.

Energy Center Fitness Club
407 South 8th Street
Mount Horeb, WI 53572

Energy Center

therapeutic & relaxation massage



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407 S. 8th Street
Mount Horeb, WI. 53572

608.437.2582

M-Th: 5am – 9pm, Friday: 5am-7pm
Sat: 7am-3pm & Sun: 8am – 2pm

www.energycenterfitness.com

Wellness for the mind and body

recharge

**your
energy,**

revitalize

**your
life,**

improve

**your
health**

At Energy Center we provide you with the best service possible. Our highly trained and licensed massage therapists work with you to meet your individual needs.

We travel -

Ask about massage for your special event, employees, customers, etc.

Therapy never felt so good.

relaxation massage

Light and Relaxing, this soothing massage and gentle touch takes you to a new level of stress reduction

therapeutic massage

∞ **deep tissue** - flushes toxins from your body and enhances the immune system. Direct pressure applied to your 'knots' provides immediate relief of tension and reduces chronic pain.

∞ **hot/cold stone** - Hot and/or Cold Smooth basalt stones are used in combination with relaxation and therapeutic techniques for maximum benefits. You will experience an enhanced release of toxins and a deeper sense of relief.

∞ **sports** -Designed to help athletes prepare their bodies for optimal performance and/or recover after a big event. Also used for better function during training, injuries, chronic pain or restricted range of motion.

∞ **reflexology** - A treatment used primarily on your feet. Using reflex points to stimulate and promote health in the organs and energetic pathways.

Therapy never felt so good.

raindrop technique

The use of several anti-bacterial essential oils are massaged into the feet and spinal muscles; add moist heat via a warm compress and the result can help fight germs and bring balance.

express or chair

A 15-minute site specific massage which allows you to remain clothed. We work in 1 or 2 specific areas to relieve soreness or tension. This is an effective and economical way of receiving a great massage treatment.

massage rates

member/non-member

30 minute Relaxation Massage 30/35

45 minute Relaxation Massage 45/50

60 minute Relaxation Massage 55/60

75 minute Relaxation Massage 65/70

90 minute Relaxation Massage 75/80

Therapeutic Massage add \$10

45 minute Raindrop Technique 50/55

Express or Chair massage 15/20

packages

purchase 10 massages and get **2 free**

referrals

Refer a new client and receive **\$10 off** your next massage!

Therapy never felt so good.