

# Massage at BHC

**Therapeutic** - A combination of Trigger Point Therapy, Myofascial Release, Swedish and Deep Tissue techniques. This helps alleviate pain from stress, tension, injury or surgery.

**Relaxing Swedish** - Flowing strokes with light to medium pressure, promotes relaxation to help you unwind and loosen tight muscles.

**Lymphatic Massage** - Detoxing massage stimulates immune system and improves circulation.

**Prenatal** - A comforting and tension relieving massage, using a pregnancy pillow to ensure you and your baby's comfort. Very beneficial for lower back and leg discomfort.

**Reflexology** - A centuries old form of natural healing based on the concept that every part of your body is connected to your hands and feet. Relieves stress, tension and restores balance.

**Trigger Point Therapy** - Alleviates deep muscle pain, by releasing radiating tension areas. Can improve range of motion and circulation.

**Myofascial Release** - Gentle sustained pressure is applied to the myofascial tissue to eliminate pain and encourage range of motion. Great for release of cramped tissue and improving flexibility.

Cost*	Member/ Other	Package (8)
30 min	\$50 / \$58	\$367 / \$424
45 min	\$60 / \$66	N/A
60 min	\$75 / \$85	\$560 / \$608
90 min	\$110 / \$125	N / A

Call the Front Desk  
at (248)642-8500 to schedule  
your appointment.

Massage Makes a GREAT GIFT

Giftcards are available at the  
Front Desk

\*Price is based on the person receiving  
the massage.

24hr cancellation policy - if you can not  
make your appointment you must  
cancel 24hr prior to or you will be  
charged for the session.