



Massage



Our massage services feature a full range of massage styles and therapies that are both relaxing and beneficial to your overall health. Our licensed therapists perform massages in a calming and peaceful environment that best promotes healing.

60 Minutes • \$55

Gift Certificates Available

Give the gift of massage to family and friends. Purchase a gift certificate today at West Jeff Fitness Center.

10% OFF
YOUR FIRST VISIT

Specializing in:

- Deep tissue
- Myofascial release
- Headache therapies
- Healing touch
- Cranial sacral
- Reiki
- Fibromyalgia
- Swedish
- Full body
- Prenatal
- Neuromuscular
- Sports
- Reflexology
- Warm stones
- Corporate chair

For a list of our massage therapists visit:
wjmc.org/fitnesscenter

Schedule your massage appointment with Member Services by calling (504) 349.6164 or online at wjmc.org/fitnesscenter. Massage services are available to members and non-members. Non-members will be asked to provide payment information for their massage upon scheduling. Cancellations must be made 24-hours in advance of the appointment to avoid being charged for the session. Sessions are non-refundable. All sessions expire one year from the day of purchase.

Marrero Center

504.349.6164 • 1121 Medical Center Blvd.

Terrytown Center

504.349.6908 • 175 Hector Ave.