



60 minutes - ~~\$~~55

West Jefferson Fitness Center

Get a relaxing 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.

Specializing in:

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

Gift certificates available

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

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.

Schedule your massage appointment

504.349.6908

wjmc.org/fitnesscenter

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

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West Jefferson
Medical Center
LCMC Health