



**Gift
Certificates
Available**

Our massage therapy uses a combination of techniques based on the individual's needs. Each session will be designed based on the diagnosis and goals of the individual.

Specialty Massage

- ▶ **Medical Massage**
- ▶ **Manual Lymph Drainage**
- ▶ **Deep Tissue Massage**
- ▶ **Myofascial Release**
- ▶ **Physical Therapy Options**

Service Prices

15 min...\$25
(chair massage)
30 min...\$50
60 min...\$85
90 min...\$125

 Weekend and Evening Hours are Available

Wellness

360

Physical Therapy & Massage Therapy

191 W Main St, Webster & 1328 University Ave, Rochester
Phone: 585-259-0782 ▶ Fax: 585-512-8372

www.wellness360fitness.com