



Therapeutic Massage

Our skilled therapists offer a range of personalized treatments. Each session will be designed based on the diagnosis and goals of the individual. Multiple times and locations are available to suit your needs.

Specialty Massage

- ▶ Manual Lymph Drainage
- ▶ Chronic Neck/Back Pain
- ▶ Myofascial Release
- ▶ Deep Tissue
- ▶ Trigger Point Therapy
- ▶ Migraine Relief
- ▶ Fibrosis/Scar Tissue Management
- ▶ SI Joint Dysfunction

Pricing:

30 min: \$65

60 min: \$95

90 min: \$125

Schedule by calling

(585) 482-5060

or Online at

www.wellness360fitness.com



961 Panorama Trail S, Rochester

☎ **585-482-5060**

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