



# MASSAGE THERAPY



Massage services are a fantastic way to enhance your health and wellness routine. Madonna Soteria is conveniently located inside Madonna ProActive. Massage services are available 6 days a week by appointment. Hours of availability vary based on massage provider schedules. To complete an appointment reservation, call or visit Madonna ProActive. Members also have the ability to purchase and schedule online. Guests must pre-pay for massages at the time of booking or provide a payment method to be kept on file.

## MASSAGE SERVICE TYPES

### **Bowen**

A unique form of neuromuscular re-patterning which works primarily through the nervous system on both the structure and energetic levels. It is gentle and noninvasive and can be performed through clothing. (Joe)

### **Deep Tissue**

Focuses on realigning deep layers of muscle and connective tissue. Deep tissue massage uses many of the same movements and techniques as Swedish massage, but the pressure will generally be more intense. This type of massage is a more focused technique and very beneficial for chronic pain and tension. (All Therapists)

### **Hot Stone**

A healing and warming treatment for any time of the year. The Hot Stone massage uses warmed basalt lava rocks to promote relaxation and detoxification. The heat encourages blood circulation and instantly soothes tired, aching muscles. (Joe)

### **Swedish**

The ultimate in relaxation from head to toe. Swedish massage uses a combination of techniques such as gliding, kneading and friction to improve circulation, ease muscle aches and tension, improve flexibility and promote an overall sense of well-being. (All Therapists)

### **Therapeutic**

Our most popular massage is the Therapeutic massage. It is a perfect mix of medium/light to deeper pressure. This full body technique works to promote relaxation and reduce pain while also working deeper into areas of chronic tension. (All Therapists)

### **Prenatal**

Prenatal massage is a therapeutic massage utilizing special bolsters and body positions to allow pregnant individuals to relax during a massage. It is a perfect mix of medium/light to deeper pressure. This full body technique works to promote relaxation and reduce pain while also working deeper into areas of chronic tension. (Sandy)

### **Cupping**

A technique that uses cups placed over the skin to create negative pressure through suction. Relieves muscle tension and increases blood flow. (Angela & Ryana)



Locations: Soteria/ProActive: 7111 Stephanie Ln., Lincoln, NE 68516  
Madonna - Lincoln: 5401 South St., Lincoln, NE 68506  
Madonna - Omaha: 17500 Burke Ave., Omaha, NE 68118  
Phone: 402.420.0000



# MASSAGE THERAPY

## LICENSED MASSAGE THERAPISTS

### **Joe Fairbanks**

Joe is one of two certified Bowen practitioner's in Nebraska and the only Bowen practitioner in Nebraska with advanced training. Joe specializes in Bowen, Deep Tissue, Hot Stone, Swedish and Therapeutic massages.

### **Angela Morrison**

Angela specializes in Deep Tissue, Swedish and Therapeutic massages and trigger point release. She practices cupping to help alleviate congested muscles and fascia.

### **Ryana Rogers**

Ryana specializes in Deep Tissue, Swedish and Therapeutic massages. She also practices cupping to help alleviate congested muscles and fascia

### **Sandy Dang**

Sandy specializes in Deep Tissue, Swedish, Therapeutic, Hot Stone, Prenatal, myofascial and trigger point release.

## **CONTRAINDICATIONS**

Massage is discouraged for individuals with fever, infections, inflammation, uncontrolled high blood pressure, osteoporosis, broken bones, cancer, hernia, and skin problems.

If you have any questions about whether massage would be beneficial for you, please ask to speak with a massage therapist before you make your appointment. Some conditions may require a doctor's permission before receiving a massage.



## PRICING INFORMATION

	Guest	Member
<b>Bowen</b>		
30 minutes	\$47.00	\$42.30
60 minutes	\$69.00	\$62.10
3pk/30 min	\$125.00	\$112.50
3pk/60 min	\$185.00	\$166.50
<b>Deep Tissue</b>		
30 minutes	\$62.00	\$55.80
60 minutes	\$87.00	\$78.30
90 minutes	\$129.00	\$116.10
3pk/30 min	\$170.00	\$153.00
3pk/60 min	\$235.00	\$211.50
3pk/90 min	\$349.00	\$314.10
<b>Hot Stone</b>		
60 minutes	\$93.00	\$83.70
90 minutes	\$129.00	\$116.10
<b>Swedish</b>		
45 minutes	\$65.00	\$58.50
3pk/45 min	\$170.00	\$153.00
<b>Therapeutic/Prenatal</b>		
30 minutes	\$52.00	\$46.80
60 minutes	\$76.00	\$68.40
90 minutes	\$119.00	\$107.10
3pk/30 min	\$140.00	\$126.00
3pk/60 min	\$205.00	\$184.50
3pk/90 min	\$320.00	\$288.00
Cupping (Add-on)	\$17.00	\$15.00



## **SOTERIA POLICIES & INFORMATION**

A 24-hour advance notice is required for cancellation of an appointment. The client is billed for the massage service if there is less than a 24-hour cancellation notice. Massage services expire 12 months after purchase. Gift cards for massage services are available.