



STP MIDPOINT
CHEHALIS REC PARK, CHEHALIS
SATURDAY, JULY 14TH

MOBILE MASSAGE SQUAD SPORTS MENU

Inter-Event Massage 15 - MINUTES \$30

keeping athlete alert and ready to perform

Inter-Event Massage cools down slightly, uses brisk, stimulating strokes, attends to problem areas and uses ice and compression for muscle cramping

Post-Event Massage 20 - MINUTES \$40 30 - MINUTES \$60

restoring, cooling down

Post-Event Massage focuses on speeding the athlete's recovery after a sports event by increasing blood and lymphatic circulation, reducing muscle tension and calming the nervous system

PAY AT TIME OF SERVICE - BOOK YOUR MASSAGE [HERE](#)

MOBILEMASSAGESQUAD.COM