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