

About Jeremy



All of our massage services are conducted by Jeremy Kramer, Certified Massage Therapist . Jeremy earned his certification of

Massage Therapy from Metro Business College of Cape Girardeau, MO in 2007 with an emphasis in reflexology, pre-natal, trigger point therapy, Swedish massage and hot stone. Jeremy prides himself on his professionalism and quality care, tailoring each massage to the specific needs of the individual client.



Appointment Information

COST OF SERVICES

One Hour:	Member \$ 25 Non-Member \$ 50
Half Hour:	Member \$ 12 Non-Member \$ 24
Chair Massage: (10-15 min)	Member \$ 10 Non-Member \$ 20
Reflexology: (1/2 hr-1 hr)	Member \$ 25 Non-Member \$ 50
Hot Stones: (1 1/2 hours, must have 24 hours advance notice)	Member \$ 50 Non-Member \$ 100

WHAT TYPE OF MASSAGE IS BEST FOR ME?

If you have any questions, reservations, or are not sure what type of massage therapy best for your needs you may set up a time to meet with Jeremy to discuss the benefits of the various types of massage services provided.

SCHEDULING AN APPOINTMENT

All appointments must be scheduled at the YMCA either in person or by phone. Please arrive ten minutes prior to your appointment to fill out medical intake form and HIPPA form.

Benefits of Massage Therapy

Whether you are looking for relaxation, a boost of energy, or relief from any special condition, you will benefit from massage therapy! There are also no age restrictions for massage therapy. Here are just a few of the benefits of massage therapy,

- *Reduces Muscle Fatigue*
- *Increases Flexibility and Range of Motion*
- *Relaxation*
- *Reduces mental stress*
- *Release toxin in the body and helps with reduction of cellulite*
- *Assists in relieving Fibromyalgia*
- *Diminishes chronic pain*
- *Calms the nervous system, reduces stress levels*
- *Lowers blood pressure*
- *Lowers heart rate*
- *Enhances skin tone*
- *Assists in recovery from injuries and illness*
- *Strengthens the immune system*
- *Reduces tension headaches and migraines*
- *Improves concentration*
- *Reduces symptoms from ADHD*
- *Promotes restful sleep*
- *Aids in mental relaxation*