

Our indulgent soothing and stress-relieving services will help you feel and look your best and have a positive, lasting impact on your well-being!

Our professional Massage Therapists and Estheticians are highly skilled to offer a variety of services in order to meet your needs.



Our goal is to provide individualized, professional services using the highest standards in a comfortable setting.

Enjoy a Massage or Facial treatment that fits your schedule, made by appointment only.*

**For more information and to schedule an appointment,
Call 717-626-5096 ext.225 or
Email
Fitness@lititzrec.com**

***A Minimum of 2 hours advanced notice is required for cancellation of an appointment. Without such notice you will be charged full rate for your service.**

**301 West Maple Street
Lititz, PA 17543
717-626-5096 ext.318
Massage_facialservices@lititzrec.com
www.lititzrec.com**



Welcome

*Relax
Refresh
Rejuvenate*



"Wellness is the complete integration of body, mind, and spirit—the realization that everything we do, think, feel and believe has an effect on our state of well-being."

-Greg Anderson

Massage Services

- **Swedish Massage:** Various treatments designed to energize the body by stimulating circulation.
- **Deep Tissue Massage:** A variation of Swedish, utilizing deep pressure focused on areas with muscular tension with a goal of releasing muscular tension.
- **Trigger point/Neuromuscular Therapy:** Utilizing varying levels of pressure in an area of muscular spasm. Pressure is applied with fingers, knuckles, or elbow and held for 10-60 second intervals.
- **Sports Massage:** Various techniques such as Swedish, cross fiber friction, compression, trigger point, **Active Release Techniques**, or stretches to accommodate an athlete's needs depending on the phase of training to enhance performance or promote healing.
- **Cranial Sacral Therapy (CST):** A series of flowing hand-holds, done on the clothed individual, used to assess the body and release "restrictions", or trauma, that are thought to be trapped in the cerebral spinal fluid, fascia, and central nervous system (CNS) which may be causing disease, disorder, or illness. This modality also promotes relaxation, and whole body homeostasis. (*60 or 90 min only)

Pricing

- 1 1/2 Hour: \$100 Member / \$115 Nonmember
1 Hour: \$75 Member / \$85 Nonmember
1/2 Hour: \$45 Member / \$50 Nonmember

Meet our Team!

Licensed Massage Therapist MSG006507 Abigail Myers

Licensed in massage since 2012, Abby's passion for massage continues to grow. She has experience with several modalities including Swedish, Deep Tissue, Cranial Sacral Therapy, Sports Massage, Reflexology, & more. Every massage she gives is a special blend of these modalities, tailored to meet her client's individual needs. Her goal is to heal the body, mind, and spirit through focused intent and unique touch.

Licensed Massage Therapist MSG014410 Stacie Powroznik

Beginning her career in massage therapy in 2021, Stacie is eager to help relieve pain and tightness through the use of Swedish massage, Soft Tissue Release, Trigger Point therapy, Russian massage, Medical Massage, Deep Tissue, Lymphatic drainage, Sports Massage, and others. Sessions will be customized to meet the client's specific needs and goals. Stacie believes that wellness stems from balance and that massage therapy can be a powerful tool in achieving balance and, therefore, achieving overall health.

Licensed Massage Therapist MSG014296 Tanner Condie

I believe in being active and having a strong body and mind to contribute to a well-balanced life. Being a massage therapist allows me to aid with body mobility to enhance a person to live their best life. In the world of today so many people struggle daily with pain. I am passionate about promoting clients with their general wellbeing by relieving muscle pain, reducing stress and enhancing relaxation.

Licensed Esthetician & Nail Technician Erica Wolgemuth-Johnson

Working in the skincare industry since 2001, Erica has worked in spas, salons and bridal destinations in the York, Harrisburg and Lancaster regions. Erica specializes in tackling skin concerns such as acne and scarring. She enjoys working with each client to ensure their personal skincare goals are met and everyday stresses are soothed away.

Facial Services

- **Combat the Grime Facial:** A deep clean facial best suited for those looking for a thorough cleansing. Refresh your skin using clay and essential oil based products. Ideal after an intensive workout.
60 min. treatment.
\$65 Member / \$75 Nonmember
- **Go with the Flow Facial:** A custom spa facial to meet your skin's needs. Relax and unwind while rejuvenating your skin using specialized essential oil based products. Includes an analysis, hand & arm massage and facial routine recommendation.
60 min. treatment.
\$65 Member / \$75 Nonmember
- **Pump It Up Facial:** An express, 30 minute facial treatment to meet your skin's needs.
\$35 Member / \$45 Nonmember
- **Blissful Hands Facial:** Facial and Manicure in one! Experience all the benefits of the Glow with the Flow Facial with an additional nail treatment. Technician will trim, file and treat nails and cuticles. Skin and hands leave softened and glowing.
90 min. treatment.
\$90 Member / \$105 Nonmember