



JENNIFER MARRANCI

Licensed Massage Therapist

Jennifer has worked in several spas, including one of the top 10 hotel spas in the country, where she performed prenatal, Swedish, deep-tissue and hot stone massage. She spent the last three years working in a holistic practice, where she focused on the medical side of massage. There, she specialized in myofascial release, trigger point therapy, deep-tissue, neuromuscular, prenatal, geriatric, post-injury, pre- and post-surgery, and sports massage. Jennifer also is a Level 2 reiki practitioner and finds great pleasure in using her skills to improve the health of her clients.



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A FULL SERVICE
BODY TREATMENT
BOUTIQUE

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SWEDISH MASSAGE

60 minutes – \$65

90 minutes – \$97

120 minutes – \$130

Full-body massage that relaxes, soothes muscles and calms nerves. Key benefits: improves blood flow to vital body parts; and releases stress.

DEEP-TISSUE MASSAGE

60 minutes – \$75

90 minutes – \$112

120 minutes – \$150

Full-body massage that penetrates deep muscles to release tension. Key benefits: restores range of motion; aligns the body; relieves stress; and detoxifies.

SPORTS MASSAGE

60 minutes – \$80

90 minutes – \$120

120 minutes – \$160

Designed to prevent and relieve injuries and conditions that are associated with exercise. It can often be quite strenuous and is meant to relieve and reduce the stress and tension that can build within the body's soft tissues while exercising. Key benefits: increases endurance and performance; and minimizes the chances of injury and, if there is an injury, to reduce recovery time.

POST-RECOVERY CHAIR MASSAGE

10 minutes – \$10

Promotes muscle recovery and soreness after training. Target areas include the back and shoulders.



FOOT REFLEXOLOGY

30 minutes – \$32

By applying pressure to specific points on the feet, stress is relieved and, over time, a variety of medical conditions may become less severe, including asthma and diabetes. Key benefits: relaxes; reduces pain, anxiety, depression, and headache symptoms; increases energy; and improves immunity.

MINI MESSAGE

30 minutes – \$32

Light to deep pressure is concentrated on your preferred area.

FIRST-TIME MESSAGE

60 minutes – \$55

PREMIUM TRAINING ELITE PACKAGE

Upgrade your Premium or Training Membership to an *Elite Level* for + \$50 per month and treat yourself to one 60-minute full-body massage each month.

OTHER SERVICES

Scar tissue release, myofascial release, neuromuscular massage and trigger point therapy, may be incorporated as needed.

ALL PRICES LISTED ARE
VILLAGE FITNESS MEMBER RATES.
For Non-Member rate, add \$5.00 to all services.

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