

Standard (1 Hour Session)

Package	Cost Per Session	Total
1 Session	\$70	\$70
3 Sessions	\$66	\$198
6 Sessions	\$62	\$372
\$12 Sessions	\$59	\$708

Deluxe (90 Minute Session)

Package	Cost Per Session	Total
1 Session	\$103	\$103
3 Sessions	\$100	\$300
6 Sessions	\$97	\$582
12 Sessions	\$94	\$1128

Targeted Therapy (30 Minute Session)

Targeted Therapy is a 30 minute session to focus on a specific area or condition that requires extra attention.

Cost per session: \$43

- Non-member pricing is an additional \$12 per hour.
- Sessions must be used within one (1) year of date of purchase.
- Packages are non-transferable & nonrefundable.

Therapeutic Massage at Duke Center for Living at Fearington is a wonderful way to relax and it can help the body heal. Therapeutic massage can also:

- Reduce muscle tension and stiffness
- Lower heart rate and blood pressure, improve blood circulation and lymph flow
- Promote greater joint flexibility and range of motion
- Improve posture
- Encourage deeper and easier breathing
- Support a stronger immune system

**For more information or to become a member, please contact us at (919) 545-2133 or visit our facility at:
100 Clynelish Close
Pittsboro, NC**

HOURS

Monday-Friday 6:00 a.m. – 7:00 p.m.
Saturdays 8 a.m. to 4 p.m.
Sunday – CLOSED

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AT FEARRINGTON



IN COLLABORATION WITH GALLOWAY RIDGE
A LIFE PLAN COMMUNITY

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Duke Center for Living
at Fearington

www.dukefitnessfearrington.com



Relax • Restore • Recuperate

Duke Center for Living at Fearington

Therapeutic Massage

Our Licensed Massage Therapists are highly skilled and caring professionals.

Whether it's your first massage or your one hundredth, our therapists will take the time to assess the type of massage that will best fit your needs, while providing a comfortable and relaxing environment.



Our Offerings

- Swedish Massage
- Deep Tissue Massage
- Trigger Point Massage
- Myofascial Massage
- Prenatal Massage

Benefits of Therapeutic Massage

- Helps relieve muscle tension, spasms and stiffness.
- Relieves stress, reduces anxiety and aids in relaxation.
- Reduces heart rate, lowers blood pressure, improves blood circulation and lymph flow.
- Provides greater joint flexibility and range of motion.
- Treats musculoskeletal problems and improves posture.
- Alleviate low-back pain.
- Enhances recovery from joint surgery and injuries. Reduces adhesions and scar tissue.
- Promotes deeper and easier breathing.
- Strengthens the immune system.
- Enhances sleep quality.

**To schedule an appointment, please
contact the Member Services Desk at
919-545-2133.**

Guidelines & Policies

- Our services are available to members and non-members of DCFL.
- Please schedule appointments in advance at the Member Services Desk or by calling 919-545-2133.
- All massage appointments must be paid for at the time of scheduling. Payment options include cash, check, credit cards, and DCFL gift card.
- New massage clients should arrive 15 minutes early to complete the necessary paperwork. Returning clients should arrive 10 minutes early.
- Complimentary robes, slippers and lockers are available for your comfort and convenience.

CANCELLATION POLICY

Any cancellation or rescheduling of appointments must be made at least 24 hour in advance of the scheduled appointment. Failure to do so will result in full charge for the service.

**Duke Center for Living
at Fearington**

relax

restore

recuperate