

Massage Therapy at GSW Fit/Well

Relax, Refresh, Unwind

MASSAGE THERAPY IS COMING TO GSW!!

WHAT ARE THE BENEFITS OF MASSAGE?

- Relaxes the body
- Calms the nervous system
- Lowers blood pressure
- Loosens tight muscles
- Increases tissue metabolism
- Plus much, much more...

WHAT CAN YOU EXPECT DURING YOUR EXPERIENCE?

A stress-free experience, every time! A professional massage therapist will invite you to a calm, inviting environment.

HOW DO I FIND OUT MORE ABOUT MASSAGE?

Please call GSW Fitness & Wellness at (229)-931-2111 to get information about scheduling an appointment.

Payment must be made before the time of scheduling [online scheduling & payment will be available]. Sessions must be made at least 12 hours in advance.

We are not able to accept Walk-Ins at this time.

Sessions can be scheduled for Wednesdays or Thursdays from 10:00am until 4:00pm.

