

Heather Waldron:

Heather has an intense interest in the mechanics of the body which is what brought her to the massage profession. She offers a full body relaxation massage, which addresses the major muscle groups promoting tissue relaxation and increased circulation. You will leave feeling completely relaxed and stress free. If you have injury or chronic pain, you can choose to have a therapeutic massage which focuses on the affected area, as well as related areas that may be contributing. This massage works deep into the muscles releasing tension, pain, trigger points, and has been designed to lessen pain. Heather is a licensed massage therapist in the state of Ohio, and with the National Certification Board for Therapeutic Massage and Bodywork.

To schedule an appointment, call 216-496-4582 or email HeatherEWaldron@yahoo.com

Lisa Ackim

Lisa is licensed and has been practicing massage for the past five years. She is skilled in Swedish Therapeutic Relaxation Massage, Thai Yoga Massage and Reiki. Lisa is currently studying Hot Stone Massage and Deep Tissue Massage. Lisa is a massage instructor at Sanford Brown College, and has been a member of the Associated Bodywork & Massage Professionals (ABMP) since 2006. To schedule an appointment for a massage with Lisa, you can contact her at 440-759-8950.

Gemini Center

21225 Lorain Rd.
Fairview Park, Ohio 44126

Eileen Ann Patton , Mayor
Timothy J Pinchek, Recreation Director



MASSAGES AVAILABLE AT THE GEMINI CENTER



*Massage Room Located
Off Studio 1.*

**PLEASE CONTACT THE MASSAGE
THERAPIST DIRECTLY TO
SCHEDULE YOUR APPOINTMENT**
Details inside this brochure.



**Eileen Ann Patton ,
Mayor**

**Timothy J Pinchek,
Recreation Director**

Licensed Massage Therapists



Enjoy a relaxing massage after your workout!

- ◆ RELAXATION
- ◆ SPORTS
- ◆ DEEP MUSCLE

Massage Therapist at the Gemini Center are Licensed Massage Therapist.

Appointments are set up directly with the Massage Therapist.

Massage Pricing

All massages are 60 minutes

Price: \$60.00 Plus Tax

Payments are made at the front desk.

Checks made payable to Fairview Park

Recreation Center

Please let your Massage Therapist know if you have a prescription



RELAX AND ENJOY!

Never had a massage?

Here are some common questions:

⇒ **What should I wear?**

You are never exposed, the sheet covers you at all times. Some people are not comfortable nude and prefer to wear sports shorts, or under wear.

⇒ **Should I talk during my massage?**

Some people prefer to talk, others want to close their eyes and relax. The Massage Therapist will be fine with both.

⇒ **Will the Massage Therapist be there when I undress?**

The therapist will leave the room while you undress so you can get under the sheet on the table. The Massage Therapist will knock before re-entering the room.