

MASSAGE THERAPY and SPA SERVICES

Every SQUEEZE Studio Fitness Member receives 30% off!

Swedish massage

Designed to alleviate stress and bring your body back to an overall sense of well-being.

Long, flowing strokes are used to loosen tight muscles and induce a feeling of calm over your entire body.

30 minutes ~~reg. \$45~~ Squeeze \$31

60 minutes ~~reg. \$75~~ Squeeze \$52

90 minutes ~~reg. \$95~~ Squeeze \$66

Deep Tissue Massage

Ideal for those with recurring muscle tension.

Deep, concentrated strokes are used to focus in on affected muscles.

Deep-tissue massage helps promote circulation and flexibility while reducing pain and tightness.

30 minutes ~~reg. \$50~~ Squeeze \$35

60 minutes ~~reg. \$80~~ Squeeze \$56

90 minutes ~~reg. \$100~~ Squeeze \$70

Hot Stone Massage

Experience the incredible sensation of smooth, heated basalt stones coupled with a classic Swedish massage.

The stones elevate the therapeutic level of this massage and assist in melting away knots, tension, and stress.

60 minutes ~~reg. \$95~~ Squeeze \$66



SQUEEZE VIP MASSAGE SPECIAL

2 massages per month for \$86.

As a VIP member you get first dibs on your appointment time for your comfort and convenience. Ask to have this added to your SQUEEZE Membership.



Your massage expert: Mari Schaefer

I've been a registered Massage Therapist for 10 years. I view massage as an interactive and intuitive practice and offer a combination of therapeutic and treatment massage techniques tailored to fit each individual's needs. My specialties include Swedish and deep-tissue massage.

FACIAL and BODY TREATMENTS

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Body Polish

Complete body exfoliation finished with an application of luxurious body cream.

Your skin never felt so smooth!

45 minutes ~~reg. \$75~~ Squeeze \$52

Salicylic/Mandelic Acid Gel Peel

Combined, salicylic and mandelic acid work synergistically to exfoliate the skin while decongesting pores and reducing irritation.

- Dissolves sebum and cellular debris in pores
- Improves collagen synthesis and elastin fibers in the dermis
- Encourages cell renewal
- Improves the appearance of skin discolorations

Service ~~reg. \$75~~ Squeeze \$52

Glycolic/Lactic Acid Gel Peel

Combined, glycolic and lactic acid work synergistically to exfoliate the skin while reducing irritation and dryness.

- Improves hydration due to lactic acid
- Improves collagen synthesis and elastin fibers in the dermis
- Encourages cell renewal
- Improves the appearance of skin discolorations

Service ~~reg. \$75~~ Squeeze \$52



"I get the Salicylic/Mandelic Acid Gel Peel from Mari every other week. I have rosacea and this is the only thing that keeps my skin under control from all the workouts and sweat."

- Shannon Carney



All services are provided by Mari Schaefer.

For more information or to schedule your spa appointment, call Squeeze Studio Fitness
phone 414.315.1413.

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