

Massage Therapy

at
Alpharetta
Athletic Club

You only get one body. Take care of it.

We've all heard it before: "I need a massage." Once considered to be a luxury for the rich and famous, massage is now considered to be one of the best things you can do for your health. Numerous studies have shown massage therapy to have an impressive range of physical, mental and emotional benefits.

While most injuries involve the lower back, neck, shoulders, elbows and hips; tennis players and golfers know that the likelihood of experiencing one of these injuries is amplified. Massage therapy can not only help to heal an existing injury but can also help to prevent future problems. The goal of our therapeutic massage is to create the ideal environment using a variety of techniques and treatments to help heal the body.

Some of the benefits of massage are:

- Reduces the effects of stress
- Lowers blood pressure
- Increases flexibility and range of motion
- Strengthens the immune system
- Helps promote better sleep
- Can help manage chronic pain
 - Relaxes tense muscles

We invite you to come by the West Course Massage Room for more information or to just meet with our massage therapist.

For an appointment, call
770-475-2300

1785 Dinsmore Road • Alpharetta, GA 30004



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