Julia Thomas, LMBT #2236
Aromatherapist, CST, and LDT therapist with over 20 years of experience working with disabled veterans, world class athletes, and many other people in chronic pain situations. She taught basic massage, advanced, and eastern techniques at Southeastern School of Massage. Julia has published articles on massage therapy and how to use it to obtain a better quality of life. She continues to promote health and wellness here at the Levine JCC.

Call to Make your Appointment Today!
704-944-6863 or massage@charlottejcc.org

**Swedish/Deep Tissue**
Swedish uses styles of long, flowing strokes to massage, and is helpful in reducing pain, joint stiffness and improves circulation. Deep Tissue is often recommended for individuals who experience consistent pain, are involved in heavy physical activity (such as athletes), and patients who have sustained physical injury. It relieves severe tension in the muscle and connective tissue, and focuses on the muscles located below the surface of the top muscles.

**Session Rates:**
- 60 min M/$65, B/$55, NM/$85
- 90 min M/$90, B/$75, NM/$110

**Hot Stone Massage**
Uses water-heated stones to apply pressure and heat to the body. The hot stones used are commonly Basalt stones (or lava rocks) which over time, have become extremely polished and smooth. As the stones are placed along the recipient’s back, they help to retain heat which then deeply penetrates into the muscles, releasing tension.

**Session Rates:**
- 90 min M/$90, B/$75, NM/$110

**Reflexology**
Involves applying pressure to the feet, hands, or ears with specific thumb, finger, and hand techniques. It is based on a system of zones and reflex areas that reflect an image of the body on the feet and hands, effecting a physical change to the body.

**Session Rates:**
- 60 min M/$75, B/$65, NM/$95

**Couples Massage**
Two people are massaged in the same room, at the same time, by two different therapists. Couples massage is a great way to introduce a partner who has never gotten a massage before in a way that makes them feel more comfortable the first time.

**Session Rates:**
- 60 min M/$120, B/$100, NM/$160
- 90 min M/$170, B/$140, NM/$210

- Multiple session packages are available at a reduced per session cost

**How to Purchase:** Purchase a massage voucher or package for the type of massage you require in person at the Front Desk, or by calling 704-366-5007. Please supply this voucher to your Massage Therapist at the commencement of your massage session.

**Gift Certificates:** You can redeem your JCC Gift Certificate for a massage voucher. Present your gift certificate to our staff at the Front Desk and use it to purchase a massage voucher.

**Non-members:** The purchase price of a massage voucher reflects the ability to use the sauna, steam room, and whirlpool. Additional facility usage is at an additional cost.

**Our Mission:** To bring you consistent high-quality massage treatments that are not only relaxing but help bring stress relief and/or pain reduction.