

THERAPEUTIC MASSAGE

RELAX • RESTORE • FEEL YOUR BEST



Custom Massage

A personalized session tailored to your unique needs using a combination of techniques.

TIME	STANDARD	MEMBER
30 min	\$68	\$58

Therapeutic Swedish Massage

Relax and unwind with light-to-medium pressure and flowing strokes that gently release muscle tightness.

60 min	\$128	\$108
90 min	\$188	\$158

Targeting Deep Tissue

Focuses on deeper muscle layers to relieve chronic tension, improve mobility and reduce pain.

60 min	\$128	\$108
90 min	\$188	\$158

Focused Sports Massage

Designed for active individuals to enhance performance, prevent injury and speed up recovery.

60 min	\$128	\$108
90 min	\$188	\$158

ENHANCE YOUR MASSAGE

TAKE YOUR EXPERIENCE FURTHER

Cupping Therapy

No added time | \$22

Warm Stones

No added time | \$22

Foot Massage

20 min | \$48

Face & Scalp Massage

20 min | \$48

Red Light Recovery

30 min | \$58

Enhancements can be added to any massage session.

Move Better
Feel Better
Live Better

ORGANIC MASSAGE

Healing the World one Person at a Time.™

SPECIALIZED MODALITIES

TARGETED THERAPIES • GREATER RESULTS



Sports Medicine Shiatsu

A clothes on and oil free targeted approach that combines Shiatsu, Myofascial, CST and Zero Balancing into a Deep Tissue technique to reduce pain, improve mobility and expedite recovery.

TIME	STANDARD	MEMBER
60 min	\$128	\$108
90 min	\$188	\$158

Manual Lymphatic Drainage (MLD)

A gentle, rhythmic technique that supports healthy lymphatic flow, reduces swelling and promotes overall wellness.

30 min	\$68	\$58
60 min	\$128	\$108

Assisted Stretching

Improve flexibility, release tension and enhance mobility with guided stretching.

30 min	\$68	\$58
60 min	\$128	\$108

Individualized care.
Whole person wellness.

RECOVERY SERVICES

SUPPORT YOUR BODY'S NATURAL ABILITY TO HEAL.



Red & Near-Infrared Light Therapy

30 min | \$58

30-Minute Recovery Reset

A restorative full-body experience combining red and near-infrared light with soothing heat, vibration and immersive sound therapy to support recovery, relaxation and total recharge.

What your session includes:

- Red & Near-Infrared Light Therapy
- Heated Treatment Table
- Vibrational Therapy
- Immersive Sound Therapy with calming frequencies

Ideal for:

Post-workout recovery • Relaxation • Skin wellness • General aches & muscle recovery
A quick mental reset



ADD RLT TO YOUR MASSAGE

Extend your wellness experience with a 30-minute Recovery Reset.

Wellness service; not medical treatment.



MEMBERS SAVE MORE

Consistent care. Lasting benefits.

Service Length	Standard	OM/YMCA Member
30 minutes	\$68	\$58
60 minutes	\$128	\$108
90 minutes	\$188	\$158

New here? Experience your first massage at member pricing.
Then continue receiving member pricing with our \$58 annual membership.

Invest in a Healthier, Happier You.

More Than a Massage



Full treatment time.

Your 30, 60 or 90 minutes
are dedicated to your session.



Individualized therapeutic care.

Care tailored to your needs
and wellness goals.



Multiple therapists & specialties.

More options to support
your individual needs.



Therapeutic upgrades included.

Aromatherapy • Massage Gun
Muscle Ointment



Access to YMCA wellness amenities.*

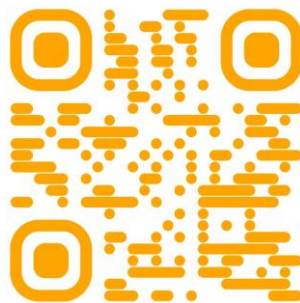
Hot Tub • Sauna • Steam Room
Showers

About Organic Massage

Organic Massage is a therapeutic massage
and wellness practice located inside the
Venice YMCA. Our licensed massage
therapists bring different skills and specialties
together to provide individualized care that
supports relaxation, mobility, recovery and
ongoing wellness.

Healing the World one Person at a Time.™

READY TO
FEEL BETTER?



BOOK ONLINE



941-882-0891



OrganicMassageVenice.com



Inside the Venice YMCA
701 Center Rd., Venice, FL 34285



Elevating
Wellness
Together.

MM#46857



ORGANIC MASSAGE

Healing the World one Person at a Time.™

THERAPEUTIC MASSAGE

SPECIALIZED MODALITIES

RECOVERY SERVICES

*Individualized care for the
way you move, feel & live.*

Inside the Venice YMCA



Elevating
Wellness
Together.