



## Massage Therapist

SCAN THE QR CODE or CALL  
FOR AN APPOINTMENT.



Grace Dollente  
(707) 372-2439

Jasmine Dollente  
(707) 631-5825



Glen Fraticelli  
(707) 631-4841

### APPOINTMENTS

Please arrange appointments with a massage therapist by calling the numbers located on the back of the brochure or scanning the QR code.

### WALK-INS

For available Walk-In Hours, please visit the spa.

### CANCELLATIONS

If you need to cancel or reschedule an appointment, please contact your massage therapist.

### GIFT CERTIFICATE

Gift Cards are available at the Travis Fitness Center Front Desk.

### PAYMENT

During business hours, make all payments at the Travis Fitness Center Front Desk.

Relax • Enjoy • Rejuvenate

Make **massage** a regular part  
of **your** well-being routine.

### PURE BLISS MASSAGE *at Fitness Center*

550 Travis Ave.  
Building 434  
Travis AFB, CA 94535  
**(707) 424-2008**



Pure  
Bliss  
MASSAGE  
*at Fitness Center*

Monday–Friday: 6am–8pm  
Saturday & Sunday: 8am–6pm

# Massage

•PRICE LIST•



## CHAIR MASSAGE

For quick, on-the-go stress relief, take a seat to focus on problem areas such as back, neck, and shoulders.

15 Minutes..... **\$15**  
 30 Minutes..... **\$30**



## FOOT REFLEXOLOGY

To release the body of stress or pain, we apply soft to firm pressure to relax specific zones of the feet.

15 Minutes..... **\$15**  
 30 Minutes..... **\$30**



## MASSAGE & TECHNIQUES

Deep Tissue, Trigger Point, Swedish, Reflexology, Sports Massage, Pre-Natal Shiatsu, Myofascial Release & Oncology.

30 Minutes..... **\$35**  
 60 Minutes..... **\$60**  
 90 Minutes..... **\$85**



## MEDITATION & MINDFULNESS

10-Session Package  
 40 Minutes..... **\$140**  
 Individual Session  
 40 Minutes..... **\$20**  
 Add on with Massage  
 25 Minutes..... **\$15**



## CUPPING THERAPY

A traditional healing practice that involves placing cups on the skin to create suction. Improves blood flow, relieves muscle tension, and reduces inflammation.

60 Minutes..... **\$65**  
 90 Minutes..... **\$90**



## HOT STONE MASSAGE

A Therapeutic massage which uses Basalt Stones to provide calmness and energy to the body.

60 Minutes..... **\$65**  
 90 Minutes..... **\$90**



## COUPLES MASSAGE

60 Minutes..... **\$120**  
 90 Minutes..... **\$170**



## SPECIALTIES

Paraffin Dip..... **\$10**  
 Sugar Scrub  
 (75 Minutes)..... **\$170**



Relax & Enjoy • Aid Recovering Injuries • Relieve Muscle Tension