



*The Gallery*<sup>SM</sup>

## MASSAGE THERAPY

SPORTS CLUB MEMBERS - **MEET OUR THERAPISTS**

MARY WHITE, **Massage Therapist**

*Originally from St. Paul, Minnesota, Mary has spent the past twenty years as a massage therapist. She graduated with honors following a year of studies at Seattle Massage School. Much of her career was spent working in hotel spas in Snowmass and at The Ritz Carlton in Aspen, Colorado. Through the years, she has created her own unique style of massage using a variety of modalities that has received high praise from her clients. She takes pride in her profession and feels privileged to have had the opportunity to practice massage therapy on clients from all 50 states and 23 countries. Specializing in Swedish, Deep Tissue, Hot Stone, Body Wraps, Sports Injuries, and Reflexology Massages.*

JIM SAILER, **Massage Therapist**

*Originally from the Midwest, Jim enjoys offering clients a nice relaxing massage, but is most passionate about working with dysfunctional soft tissue which causes chronic pain, both systemic and local. Jim has experience working with those affected by diabetes, Parkinson's, neuropathy, and Lou Gehrig's disease (ALS). He received his certification from Cortiva Institute, and had the privilege to study under the tutelage of Whitney Lowe and James Waslaski; two of the leading strategists in addressing chronic pain management. Specializing in Swedish, Deep Tissue, Reflexology, Myofascial Release, Chronic Pain Management, Migraine Headache Relief, Sciatica, and Acupressure Trigger Point Release Massages.*

*Purchase 4 massages and the 5th is free!*

PLEASE REGISTER AT THE FRONT DESK or CALL (520) 744 - 6900