

# FIRST INSTITUTE

Career Training For Success

## FIRST INSTITUTE'S HEALING ARTS CENTER HEALING THERAPEUTIC MASSAGE AT AFFORDABLE RATES

Massage Therapy is beneficial to everyone; it can relieve the stress of daily life, promote peace of mind, relax muscle tension, increase circulation and help foster a healthier lifestyle.



### STUDENT MASSAGE SERVICES

As part of our Massage Therapy program, students take full advantage of **First Institute's** approach to hands-on training. At our Healing Arts Center, students not only perfect the art of massage, but gain confidence in a professional, real-world setting.

#### Student Massage Services Include:

- 60 minute Swedish Massage \$35.00
- 60 minute Hot Stone Massage \$50.00
- 90 minute Hot Stone Massage \$65.00

Special Pricing for 60 minute Student Swedish Massages:

- **Active Students of First Institute -** \$10.00
- **Graduates of First Institute -** \$20.00

#### Student Massage Hours:

- Monday 5:00 pm – 8:00 pm
- Tuesday 9:00 am – 8:00 pm
- Wednesday 5:00 pm – 8:00 pm
- Thursday 9:00 am – 8:00 pm
- Friday 9:00 am – 4:00 pm
- Saturday 9:00 am – 2:00 pm

\*Schedules subject to change without notice.

### LICENSED MASSAGE THERAPIST SERVICES

Schedule an appointment with one of our licensed Massage Therapists who bring their professional, real world experience to the table.

#### Licensed Massage Therapist Services Include:

- 30 minute Swedish Massage \$25.00
- 60 minute Swedish Massage \$45.00
- 90 minute Swedish Massage \$70.00
- 60 minute Hot Stone Massage \$60.00
- 90 minute Hot Stone Massage \$85.00

#### Licensed Massage Therapist Hours:

- Monday 9:00 am – 8:00 pm
- Tuesday 9:00 am – 8:00 pm
- Wednesday 9:00 am – 8:00 pm
- Thursday 9:00 am – 8:00 pm
- Friday 9:00 am – 4:00 pm
- Saturday 9:00 am – 2:00 pm

\*Schedules subject to change without notice.

Set-up an appointment today with one of our students or licensed Massage Therapists, and let the relaxation begin!

The Healing Arts Center is located at 757 McHenry Ave., Crystal Lake.

Call the Healing Arts Center at **(815) 788-1057** today to schedule an appointment!