

**Here is what our members
have to say about their
experiences with ReBalance
Holistic Therapy and
Therapeutic Massage at the
Albany Area YMCA:**

*"I wasn't able to sleep through the
night, but now I can, thanks to
Madhu. It's done wonders
for me."
— Frances*

*"Try it; you'll
Love it!"
— James*

*"I've been struggling with knee
and ankle issues, but after
Madhu's treatment, it's so much
better. It's like night and day."
— Maureen*



RESERVE TIME FOR YOU

Spa Services are by appointment only. Contact Member Services for details, and to schedule your time to relax, refresh, and rejuvenate.

Payment is due when appointment is made. Cash, check and major credit cards accepted.

Please give at least 24 hours notice if you must cancel or reschedule an appointment.

For ReBalance Holistic Therapy Services, please call Madhu directly at 229-669-8605 to schedule your appointment.

**1701 Gillionville Road
Albany, GA 31707
229-436-0531
www.albanyareaymca.org**



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**RELAX
REFRESH
REJUVENATE**

**Spa Services
ALBANY AREA YMCA**



PROFESSIONAL CARE

Madhu Kuntawala, RMT ReBalance Holistic Therapy



A certified ReBalance Holistic Therapy provider, Madhu has Reiki Master Teacher certification — the highest level achievable. Volunteering her services at Phoebe Putney Memorial Hospital in the

infusion room in the oncology center, Madhu has provided over 650 hours of relaxation therapy to the oncology patients. Come see what the difference ReBalance Holistic Therapy with Madhu can make!

Tiffany Timmerman, LMT Albany Therapeutic Massage



A graduate of Virginia College in Columbus, Georgia, Tiffany specializes in Swedish Massage and Deep Tissue Massage. Come enjoy therapeutic massage with Tiffany.

SPIRIT, MIND, AND BODY

The wellness of the entire person is important at the Albany Area YMCA. Our wide range of spa services, offered by caring, licensed professionals, offers members the opportunity to relax, refresh, and rejuvenate.

Whether to alleviate stress and anxiety or pamper sore muscles, Spa Services at the YMCA offer the opportunity to strengthen the spirit, mind, and body.

DEEP RELAXATION ReBalance Holistic Therapy

- Powerful and effective hands-off technique in a private, one-on-one session customized for your needs
- Focused on balancing, energizing, and harmonizing the body
- A journey of stress reduction and deep relaxation guided by a certified therapist
- Physical and emotional balance are achieved while the recipient is lying down comfortably and fully clothed

Scheduled by appointment. Call the YMCA at 229-436-0531 for availability.

REBALANCE PRICING	YMCA Member	Non-member
1/2 hour	\$25	\$35
1 hour	\$45	\$60

THERAPEUTIC MASSAGE

Therapeutic Massage at the Albany Area YMCA is provided by Albany Therapeutic Massage. YMCA Members may either receive massages at the Y, or purchase vouchers at Albany Therapeutic Massage.

Swedish Massage

Unwind and release built-up tension with traditional Swedish Massage.

Deep Tissue Massage

We focus on any area that may be causing a problem in your daily life, while working deeper into the muscle.

Sports Massage

A great way to prepare for your workout. Stretching and upbeat techniques to get the body pumping into action.

Scheduled by appointment. Call the YMCA at 229-436-0531 for availability.

MASSAGE PRICING	30 minute	1 hour
Swedish	\$25	\$45
Deep Tissue	N/A	\$55
Sports Massage	N/A	\$60