



### **Membership Add-on:**

**Youth \$5/mo**

**Young Adult & Adult \$10/mo**

**Family \$20/mo**

**1 Parent Family \$15/mo**

**Senior \$10/mo**

**Senior Couple \$15/mo**

**Member Pay as you go \$3/use**

**Non-Member Usage \$12/day**

## **Precautions and Contraindications**

Please ensure users are aware of the following precautions and contraindications prior to receiving a HydroMassage Treatment.

Anyone suffering from one or more of the following conditions, or with a condition upon which heat or massage would have an adverse effect should receive physical approval prior to use.

Heat or circulatory problems; inflammatory conditions such as phlebitis; varicose veins or thrombosis; swollen joints, acute inflammation, severe bruising, skin infections, contagious diseases; a high temperature or have pain radiating to the arms or legs when the back is massaged.

Before beginning the treatment session, position the user in the middle of the lounge with legs together and the feet resting at the pump/foot end. The head should be resting comfortably on the cervical support pillow with the curve under the neck. The pillow should be removed if treatment will include the cervical (neck and shoulder area)

After treatment, it is recommended that the user remain lying down for 45 seconds or until comfortably sitting and standing. The increased circulation may cause temporary dizziness. It is advisable to drink water after a session to assist in excreting toxins from the system.

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge unless they have been given supervision or instruction concerning the use of the appliance by a person responsible for their safety.

Children should be supervised to ensure that they do not play with the appliance.

If water leaks from the appliance, the appliance should no longer be used.

Any person with a specific medical condition upon which heat or massage might have an adverse effect should consult a physician prior to use.



## **INNOVATION IN RELAXATION**

**ELLSWORTH YMCA**

# R e l a x

# R e j u v e n a t e

# R e c o v e r

**For the days when you need 12 minute break from the world, HydroMassage is ready for you.**

**With fitness and proper nutrition, massage is a great complement to your healthy lifestyle.**

**It's not simply how hard you train, it's also how well your muscles recover.**

## Get Started

**To start a HydroMassage treatment, see the front desk for availability and chair assignment.**

**Once activated by the front desk, press start and find the settings that are right for you or ask a staff member for help.**

## Benefits

- Provides temporary relief of minor aches and pains**
- Helps reduce levels of stress and anxiety**
- Relaxation provides a feeling of well-being**

**-Temporarily increases circulation where massaged**

**-Helps relieve muscle soreness, stiffness, and tension**



## Program Options

**Total Body Treatment  
Stress and Shoulder Tension  
Lower Back Pain  
Sore and Tired Legs**

**Customizable  
Pressure & Speed**

## Entertainment Options

**On-screen books to read,  
movies of beach scenes and  
world city travel guides,  
multiple genres of music to  
listen to on your AUX  
headphones and classic  
computer games and puzzles  
to play.**