

Massage Therapy Services



Massage therapy can help reduce stress by lowering your heart rate and decreasing levels of insulin and cortisol. It also improves blood circulation, which can lead to lower blood pressure and improved bodily functions. Stress can cause muscle tightness/soreness; massage relaxes the muscles and reduces pain.

Specialty Massages

- **Deep tissue massage and neuromuscular massage:** Helps reduce swelling and decrease pain by using deeper pressure
- **Hot stone massage:** A soothing, full-body relaxation massage that helps relax tight muscles and calm the nervous system
- **Pregnancy (prenatal) massage:** Uses special pregnancy cushions and bolsters to ensure safety and comfort for baby and mother
- **Sports massage:** A combination of range-of-motion movements and assisted stretching, moderate to deep tissue massage strokes and compressions
- **Manual lymphatic drainage:** A gentle massage technique designed to stimulate the lymphatic system and help improve immune function
- **Cupping:** Special suction cups are used to help relieve pain and inflammation in muscle tissue and improve blood flow.
- **Stretch therapy:** A practitioner-assisted stretching session that helps improve range of motion and flexibility, enhance athletic performance and relieve muscle and joint pain

Not all massage types are available at all BayCare Fitness Center locations. If you're not sure what massage is right for you, have a free phone consultation with one of our massage therapists.

To schedule a massage, call or talk to a team member at the front desk at your preferred location.

BayCare Fitness Center (Bloomingdale)
BayCare HealthHub®
2470 Bloomingdale Ave. | Valrico
(813) 586-8600
#MM40927

BayCare Fitness Center (Carillon)
BayCare HealthHub
900 Carillon Parkway | St. Petersburg
(727) 502-4444
#MM15153

Cheek-Powell Fitness Center
Morton Plant Hospital
455 Pinellas St. | Clearwater
(727) 462-7685
#MM7067



[BayCareFitness.org](https://www.BayCareFitness.org)

Pricing is exclusive to BayCare Fitness Center members. If you're not a member, guest passes are available for \$10. For specialty massage upgrade options, add \$10.

Massage Single Session Options

Duration	Sessions	Price Per Session
25 minutes	1	\$45
50 minutes	1	\$70
80 minutes	1	\$99

Massage Package Sessions Options

Duration	Sessions	Price Per Session	Package Price
25 minutes	5	\$37	\$185
25 minutes	10	\$35	\$350
50 minutes	5	\$60	\$300
50 minutes	10	\$56	\$560
50 minutes	12	\$54	\$648
80 minutes	5	\$95	\$475
80 minutes	10	\$90	\$900

Massage Monthly EFT* Package Sessions Options

Duration	Sessions	Price Per Session	Package Price
25 minutes	5	\$31	\$155
50 minutes	5	\$54	\$270
50 minutes	10	\$51	\$510
80 minutes	5	\$85	\$425

*Electronic funds transfer (EFT) is a recurring transfer that posts automatically every month. EFT pricing requires a six-month agreement. All sessions and services are valid for 90 days from the monthly posting date.

New Member Special

Get any two services (massage, personal training, Pilates training or nutrition consultation) for \$100. This is a one-time offer that's only valid within 30 days of joining a BayCare Fitness Center.

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Massage sessions have a one-year expiration date. Sessions are nontransferable and nonrefundable. They expire one year from the date of purchase. EFT sessions expire 90 days from the monthly posting date. Other restrictions may apply.