



MASSAGE

At Fernwood

Experience Counts....
Arlene C. Kreuder, BA
Certified & Licensed

By Appointment Only!
ext. 4158



Rt. 209 Bushkill, PA • FernwoodHotel.com



Enhance your resort experience with one of our relaxation therapeutic techniques.

Swedish Massage

Relax with this classical form of massage which uses long gliding strokes and kneading of tense tired muscles.

Deep Tissue Massage

Focuses on realigning deeper layers of muscles and connective tissue through direct pressure while respecting pressure sensitivities.

Craniosacral Therapy

Uses light subtle touch to release restriction within the body to promote balance, wellbeing and natural healing.

Myofascial Release

Uses long, slow, sustained pressure to restore range of motion and release restrictions within the body's connective tissue.

Fee Schedule	30 minutes	\$40.00
	60 minutes	\$70.00
	90 minutes	\$100.00

Fernwood offers experienced, nationally certified, insured and licensed massage therapists.



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