

### Clinic Hours:

**\*\*All hours based upon student availability\*\***

#### Monday

9:00 a.m. - 5:00 p.m.

#### Wednesday

By appointment

#### Tuesday / Thursday

2:30 p.m. - 9:30 p.m.

#### Saturday

10:00 a.m. - 3:00 p.m.

### Services Available:

Student Massage:	\$25/Hr.
Professional Massage:	
Ⓞ Swedish:	\$50/Hr.
Ⓞ Myofacial Release:	\$75/Session
Ⓞ Deep Muscle Therapy:	\$75 to \$85
Ⓞ Structural Integration:	*\$75 to \$85
Ⓞ Back, Shoulders (Swedish):	\$35/1/2 Hr.
Ⓞ Back, Shoulders (DeepTissue):	\$40/1/2 Hr.
Ⓞ In Home Massage:	\$80/Hr.
Ⓞ Chair Massage:	\$10/10 Min.
*10 Sessions (allow 1 to 2 hours/session)	

### Special Rates:

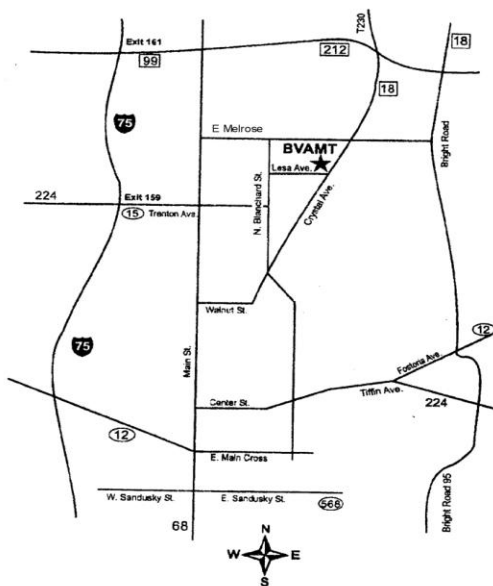
Student Massage (Buy 5 get 1 Free)	\$125
Professional Massage (Buy 5 get 1 Free)	\$250

### Bridal Package – Stress Buster

This package can accommodate your Bridal Party. Six individuals will receive a one-hour student massage for only \$120. That is a savings of \$30 off our regular rate! And \$200 off any therapeutic rates you'll find elsewhere.

\*Payment must be made in advance to book therapists.

***Gift Certificates Available***



### Directions:

#### From the North:

I-75 South to Exit 161, Turn East, over Main St., First Right after *Lowes Distribution Center*, Hancock County Road 18 turns into Crystal Ave. Two blocks south of stop-light on the Corner of Lesa Ave. & Crystal Ave.

#### From the South:

I-75 North to exit 159, turn East on Trenton Ave. cross over Main St. over Bridge to Blanchard, Left on Blanchard, Right on Lesa Ave. Corner of Lesa Ave. & Crystal Ave.

#### From the East:

St. Rt. 12, St. Rt. 224 and St. Rt. 568 to Bright Rd. go North on Bright Rd. turn left on East Melrose then turn left at *Marathon Gas Station*, proceed to 4-way stop. Left on Crystal Ave. 2 blocks on right. Corner of Lesa Ave. & Crystal Ave.

#### From the West:

Heading East to I-75 to Exit 159 (Trenton Ave), cross over Main St. over bridge. Left on Blanchard St. Right on Lesa Ave. Corner of Lesa Ave & Crystal Ave.



*Ed Strahm, Director  
Licensed Massage Therapist*

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Findlay, Ohio 45840  
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Website: [www.BVAMT.com](http://www.BVAMT.com)

The Blanchard Valley Academy of Massage Therapy is an institution of higher education in the art of massage therapy. It is the mission of the academy to graduate quality oriented therapists, prepare students to pass the state medical board exam and our hearts desire for people to experience the many benefits of massage and the healing power of touch.

Training in the art of massage therapy requires a minimum of 750 classroom hours, which includes anatomy, physiology and massage theory and practicum; along with hands on clinics. The State Medical Board of Ohio and the State Board of Career Colleges and Schools approve our training program. For those interested we also offer a One plus One Associates Degree program in conjunction with the *University of Findlay*. Classes start in the spring (April) and fall (October) with day and evening classes available.



Massage the systematic rubbing and manipulation of the tissues of the body is one of the oldest of all means used for the relief of bodily infirmities.

Massage is to the human body as a tune-up is to a car.

Who can use a Massotherapist?

Anyone who feels stress and wants to relax:

- ◆ Professionals
- ◆ Office workers
- ◆ Drivers
- ◆ Hyperactive people
- ◆ Executives
- ◆ Anxiety/Depression
- ◆ Athletes

Anyone who is in pain from:

- ◆ Auto accidents
- ◆ Work injuries
- ◆ Athletic injuries
- ◆ Poor circulation
- ◆ Recovering from an operation
- ◆ Stress
- ◆ Emotional disturbances

Massage:

- ◆ Makes your body feel better
- ◆ Relieves tension and stress
- ◆ Lifts your spirits and improves your mood.

Students will be instructed in various applications of massage such as:

- ◆ Swedish Massage
- ◆ Neuromuscular Therapy
- ◆ Myofascial Release
- ◆ Sports Massage
- ◆ Pregnancy, Pre-Perinatal Massage
- ◆ Health and Nutrition
- ◆ Reflexology
- ◆ Hydrotherapy
- ◆ Carpal Tunnel
- ◆ Facial Massage / Sinus Therapy
- ◆ Lymph Therapy
- ◆ Headache & Stress Management
- ◆ Business and Ethics

Students will be performing massages at our on site clinic as well as 10 minute tune-ups at area businesses using both chair and/or table massages.

