

Certified Massage Therapists

All therapists are certified and licensed to practice in the City of San Diego.

ON-SITE CHILD WATCH

Our on-site Child Watch is a fun place to play for children 6 months to 9 years old while the parents remain on the premises and included in Community Plus Membership for up to 90 minutes.

MONDAY – SATURDAY

8:00am-1:00pm

TUESDAY – THURSDAY

2:45-6:00pm

Nicole Deasy

With over 25 years of experience, Nicole trained at a renowned California school. She specializes in personal injury, rehabilitation, and sports massage, including deep tissue, myofascial release, trigger point therapy,



Swedish, and Thai techniques. Passionate about prenatal and relaxation massage. Nicole has worked in various settings focusing on personalized client interactions that define her distinctive approach to massage therapy.



CARS CARSTARPHEN

Cars' sessions are individually tailored to provide a variety of techniques that include relaxing Swedish, focused trigger point work, and deep tissue work all while ensuring a comfortable and relaxing massage experience.

As a former service member in the Marine Corps of 8 years and 4 deployments he understands attention to detail and dedication to his craft. Cars is a people person and a social butterfly that brings professionalism along with a sense of humor to all he does.



YMCA OF SAN DIEGO COUNTY
**COMMUNITY
WELL-BEING
& BELONGING**

HELPING YOU RELAX

Massage Therapy

Magdalena Ecke Family YMCA



Magdalena Ecke Family YMCA

200 Saxony Rd,
Encinitas, CA 92024
(760) 942-9622
www.ymcasd.org/ecke

Member Rate

45min for \$65

60min for \$85

120 min for \$130

4 pack of 45min for \$230

2 pack of 120min for \$230

4 pack of 60 min for \$320

Contact

Sascha Fischer

sfischer@ymcasd.org

(760) 942-9622 ext. 2140



Benefits of Massage

Massage Therapy is a legitimate health service that spans a wide variety of therapeutic approaches which work to improve an individual's health and well-being through the manipulation of muscles and other soft tissues of the body.

Appointments

Calling in advance is required to insure your appointment will be available.

Please email Sascha Fischer for appointments at sfischer@ymcasd.org. Please allow enough time to pay for your massage at the registration desk before your appointment. Massage Therapists are not required to make up time if you are late. We require a 24 hour cancellation notice prior to your appointment or you will be charged for the session.

The YMCA has nationally certified, licensed massage therapists with many years of experience. Your massage session is specifically tailored for you using a variety of relaxation techniques.

- DEEP TISSUE
- SWEDISH
- SPORTS MASSAGE
- CRANIO-SACRAL THERAPY
- NEUROMUSCULAR

Dry Sauna, Jacuzzi

It is a California State Health code that all members need to shower before their massage. We encourage you to give yourself some time to take advantage of the Jacuzzi and Sauna. This will help to relax your muscles in preparation for your massage.

MASSAGE THERAPY CAN...

- Provide pain relief
- Increase circulation
- Restore flexibility
- Help to increase energy levels
- Reduce stress and anxiety
- Help you sleep better
- Give you peace of mind and body

