

# Ozark Massage Therapy

At The OC  
*Healing from the Inside Out*



With Ronda Seeley,  
Licensed Massage Therapist  
Call or text her directly for an  
appointment @ 417-844-8399



Located at The OC, 1530 W Jackson St,  
Ozark, MO inside the Fitness Center

## Menu

**Deep Tissue:** Deep tissue massage is designed to relieve severe tension in the muscle and the connective tissue or fascia. This type of massage focuses on the muscles located below the surface of the top muscles.

**Swedish Massage:** Swedish massage uses five styles of long, flowing strokes to relax the muscles and relieve stress.

**Reflexology:** Using acupressure point on the feet to reduce stress and improve health and wellness.

**Thermal Connective Tissue Massage:** Flax seed pillows used to massage through workout clothes. Relaxes & treats muscles, joints, tendons, and ligaments.

## Prices

90min - \$75 OC Annual Members & \$90 non

1hr- \$45 OC Annual Members & \$55 non

30min - \$35 OC Annual Members & \$45 non

Add \$10 for deep tissue - please request at time of booking.

Add \$10 for hot stones - please request at time of booking.