



SUCCESS STRATEGY: SHOW THE VALUE OF RECOVERY ON YOUR WEBSITE

Having worked with most major fitness brands on positioning HydroMassage and other premium amenities, we have a unique perspective as to what strategies have worked exceptionally well in the industry. Please allow us to share our insight and knowledge to help you maximize your Premium Package success.

- **Showcase your Premium / recovery services and communicate the benefits of each**
- **Include a variety of photos and videos of Premium offerings**
- **Highlight the value of the entire Premium Package**
- **Make upgrading to the Premium Package online easy for members**
- **Provide an incentive / create urgency to upgrade**
- **Share with members on social media**



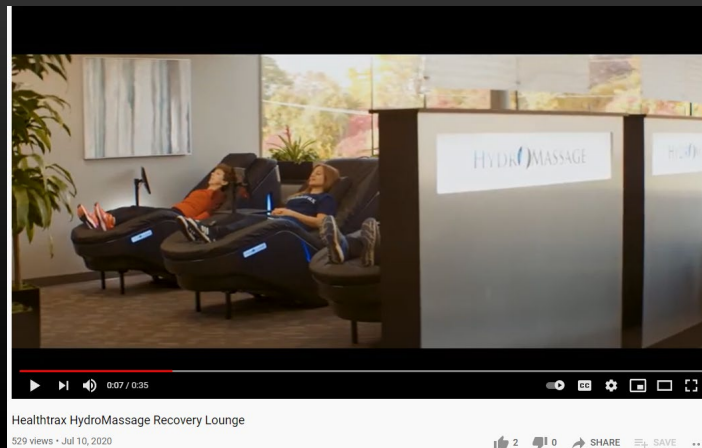
Fitness Club Videos



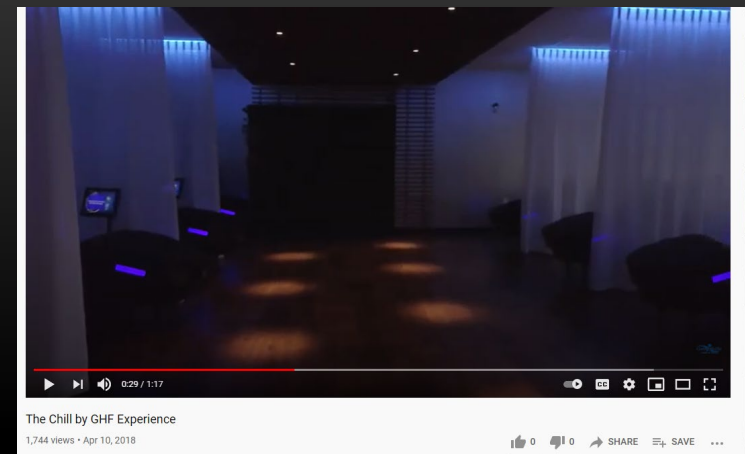
[Elite Health - YouTube](#)



[Stone Creek Hydromassage - YouTube](#)



[Healthtrax HydroMassage Recovery Lounge - YouTube](#)



[The Chill by GHF Experience - YouTube](#)

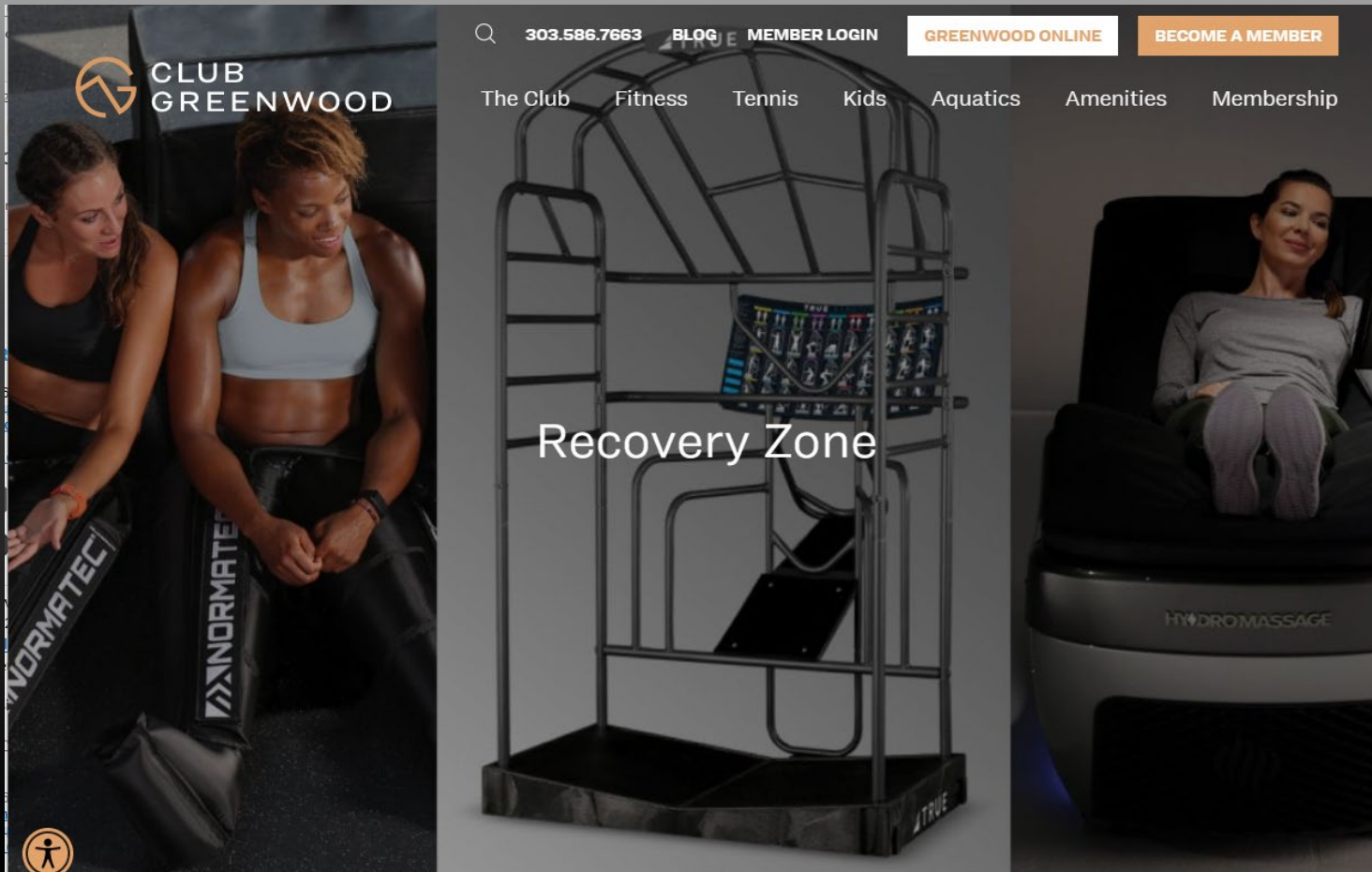


CLUB GREENWOOD – Recovery Zone



Club Greenwood

About the Recovery Zone - Club Greenwood





GAINESVILLE HEALTH & FITNESS – CHILL ZONE

HYDRO
M A S S A G E

Gainesville Health & Fitness

Chill by GHF - Gainesville Health & Fitness (ghfc.com)

(352) 377-4955

View as:

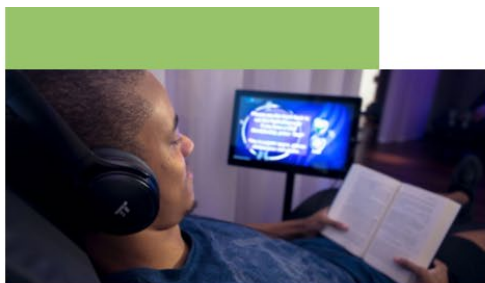
Guest

Member



[Fitness](#) [Training](#) [Amenities](#) [Locations and Hours](#)

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Hydro Massage Technology to Relax & Recover

The accumulated stresses of everyday life can damage your health in irreversible ways — from early aging to heart problems and long-term disability. While we know you cannot eliminate stress, you can manage it and it's worth every effort to do so.

Your CHILL by GHF experience begins in our HydroMassage lounge and continues as your muscles and your mind relax to give you a one-of-a-kind post workout recovery.

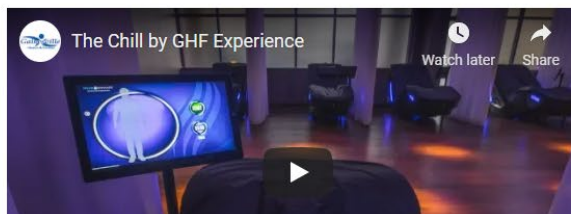
Each session is 10 minutes and will loosen up muscles, increase oxygen and blood flow into muscles, remove lactic acid buildup (which is what makes you sore), and deliver nutrients from your body to your muscles. You will walk out of the gym feeling like a new person.

Introductory Pricing: 15 sessions for \$15 a month with auto-renew feature, now available for a limited time.

Stop by before or after your workout and try a complimentary session.

If you prefer a hands-on massage, we offer therapeutic massages at ReQuest Physical Therapy located in both our Main facility and our Tioga facility. You can learn more about the different types of massages we offer or [schedule a massage appointment](#).

How To Begin






CHUZE FITNESS – HydroMassage



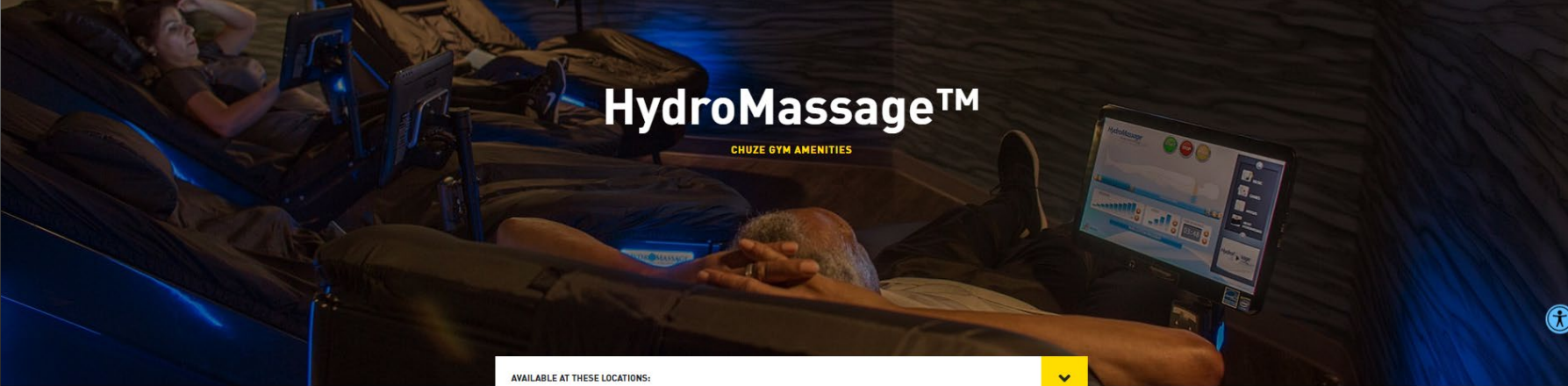
Chuze Fitness

HydroMassage™ | Chuze Fitness



[AMENITIES ▾](#)[LOCATIONS ▾](#)[CLASSES ▾](#)[ABOUT ▾](#)[MEMBERSHIP ▾](#)[CHUZE PEOPLE](#)


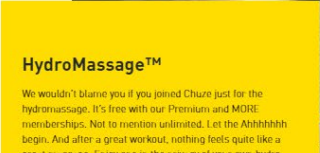
[CHUZE FITNESS
VIRTUAL, NO MORE GYM](#)[CHUZE APP](#)[JOIN NOW](#)



HydroMassage™

CHUZE GYM AMENITIES

AVAILABLE AT THESE LOCATIONS: ▾



HydroMassage™

We wouldn't blame you if you joined Chuze just for the hydro massage. It's free with our Premium and MORE memberships. Not to mention unlimited. Let the Abhhhhhh begin. And after a great workout, nothing feels quite like a great massage. I just got to the rescue of your sore body.



BRICK BODIES - HydroMassage

HYDRO
M A S S A G E

Brick Bodies Fitness

<https://www.brickbodies.com/recovery/hydrmassage/>



LOCATIONS MEMBERSHIPS AQUATICS TRAINING GROUP FITNESS VIRTUAL CLASSES

TRY BRICK BODIES

JOIN NOW



HYDROMASSAGE LOUNGES

Currently Available at Brick Bodies Padonia and Reisterstown

[Learn More](#) [Frequently Asked Questions](#)



WHAT IS HYDROMASSAGE?

The HydroMassage Lounge is a revolutionary massaging lounge chair that uses pressurized water to benefit recovery and overall wellness. Don't worry, you stay completely dry and relaxed while the water works its magic within the super comfy lounge.




DENVER HEALTH & FITNESS - HydroMassage




Denver Health & Fitness

HydroMassage | Denver Health and Fitness Center (denverhealthfitness.com)





MEMBERSHIPS ▾ FITNESS ▾ TRAINING ▾ WHY DHF ▾



HYDROMASSAGE THERAPY

Denver Health & Fitness has two state-of-the-art HydroMassage Lounge 440X, the latest in therapeutic water massage technology. Designed for the ultimate dry hydromassage experience, HydroMassage therapy is the next component to overall health and wellness. 10 minutes a day can help encourage post-workout recovery, alleviate muscle and soft tissue injuries caused by low back pain, arthritis, injuries, stress, and many other ailments and conditions.

Add **daily hydromassage** on to your current membership package for one 10-minute treatment session per day.



BENEFITS OF HYDROMASSAGE

- Provides temporary relief from minor aches and pains
- Relieves muscle soreness, tension, and stiffness
- Increases circulation to the massaged areas
- Reduces feelings of stress and anxiety and increased relaxation
- Enhances your sense of well-being and overall wellness





FRANKLIN HEALTH & FITNESS – HydroMassage

HYDRO
M A S S A G E

Franklin Health & Fitness

<https://franklinhealthandfitness.com/hydropassage/>

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Fill out the form below for a free Guest Pass

Claim Your FREE 3-Day Guest Pass!
(Includes HydroMassage!)




Name


First Last

Email Phone

[Submit](#)

**Must be 18 years of age or older and a first time, local visitor.
By submitting this form, you are agreeing to our Privacy Policy
and to be contacted via phone, text or email.








HEALTHTRAX – HydroMassage

HYDRO
MASSAGE

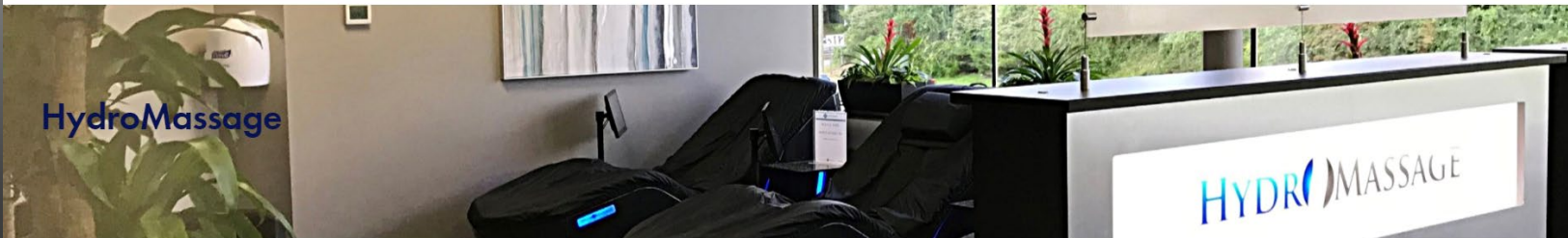
Healthtrax

HydroMassage | CT, RI, PA, MA, NC, NY Fitness | Healthtrax

DOWNLOAD A COMPLIMENTARY GUEST PASS - [CLICK HERE](#)



VIRTUAL ABOUT AMENITIES CLASSES LOCATIONS MEMBERS MOBILE CONTACT US



HYDROMASSAGE

INNOVATION IN RELAXATION

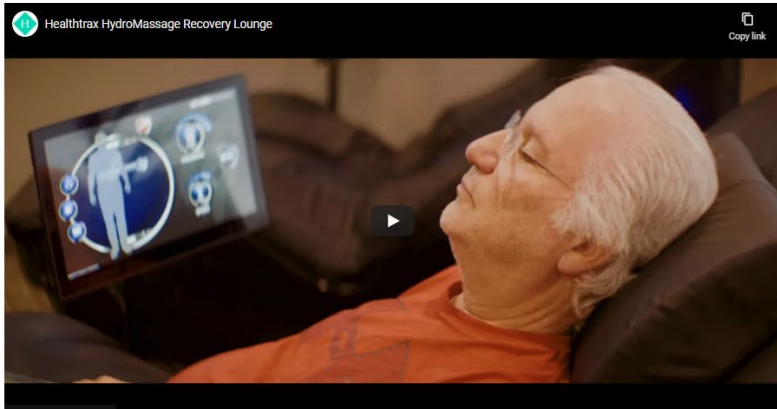
After that killer workout, we know your muscles are a little angry at you. Calm them down before going home, in our HydroMassage lounge. You will enjoy total relaxation while remaining fully clothed, dry, and comfortably supported as you are massaged by powerful waves of heated water. The HydroMassage lounges offer a full-body, deep-tissue massage with customizable pressure ranges for maximum comfort. Hydro massages help with relief of minor aches and pains, and also can reduce levels of stress and anxiety.

**HydroMassage available at select Healthtrax locations - check the Center nearest you [here](#) [location](#).*

HydroMassage - Innovation in Relaxation!

For more information on how to add HydroMassage to your membership plan or to schedule your free trial of the HydroMassage. Click the link below to fill out a form and a Healthtrax staff member will be in touch, or stop by the front desk at your next visit.

Healthtrax HydroMassage Recovery Lounge



Copy link




YMCA CLARK COUNTY – HydroMassage



YMCA – Clark County

<https://www.ymcacw.org/locations/clark-county-family-ymca/programs/health-wellness/hydromassage>



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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ABOUT HYDROMASSAGE®

- Ergonomic Design
- More-focused Massage
- Open, Seated Design

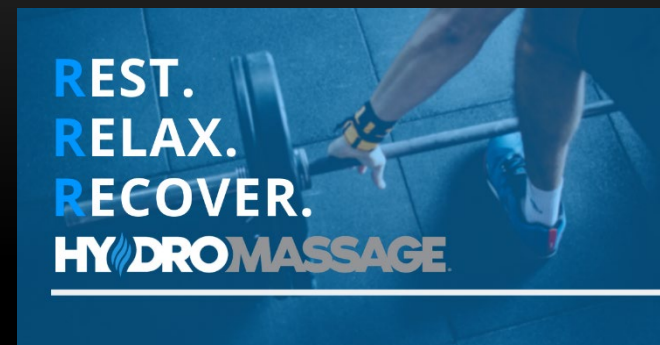
Learn more about [HydroMassage®](#)





SOCIAL MEDIA EXAMPLES

HYDRO
MASSAGE





MARKETING SUPPORT

HYDRO
MASSAGE

HYDROMASSAGE



**EXPERIENCE
HYDROMASSAGE**

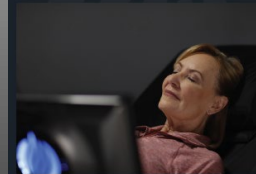
- + 10-minute relaxing, heated massage
- + Helps relieve sore muscles and stiffness
- + Perfect for post-workout recovery

**RELAX
RECOVER
REJUVENATE**

Pull-Up Banner

**EXPERIENCE
HYDROMASSAGE.**

- ✓ Provide temporary relief of minor aches and pains
- ✓ Enhance the feeling of well-being and relaxation
- ✓ Relieve muscle soreness, stiffness and tension
- ✓ Increase circulation in massaged areas
- ✓ Reduce stress and anxiety



EXPERIENCE HYDROMASSAGE
HYDROMASSAGE.COM

**WHAT IS
HYDROMASSAGE.**

HydroMassage allows you to enjoy total relaxation while remaining fully clothed, dry and comfortably supported as you're massaged by powerful waves of heated water. You're in complete control of your massage experience—to target the areas where you need it most.



EXPERIENCE HYDROMASSAGE
HYDROMASSAGE.COM

Rack Card (front & back)

EXPERIENCE HYDROMASSAGE



FOR RECOVERY

It's not just how hard you train, but it's also how well you recover.

HydroMassage feels great on sore, tired muscles after a workout, but that's only the beginning.

HydroMassage helps relieve muscle soreness, stiffness and tension. It also provides temporary relief of minor aches and pains.



FOR RELAXATION

For the days when you need a 10-minute break from the world, HydroMassage is ready for you.

Soothing waves of warm water help reduce levels of stress and anxiety. Think of it as a mini vacation that you can take everyday!

Personal care, wellness and relaxation has never felt this good.



FOR REJUVENATION

With fitness and proper nutrition, massage is a great complement to your healthy lifestyle.

HydroMassage can provide increased circulation in local areas where massaged. Relax and allow yourself to feel refreshed and rejuvenated.

Use HydroMassage today and your body will thank you tomorrow.

HYDROMASSAGE

Informational Flyer

**Sore muscles? Back pain?
YOU NEED A MASSAGE.**

- ✓ Provide temporary relief of minor aches and pains
- ✓ Enhance the feeling of well-being and relaxation
- ✓ Relieve muscle soreness, stiffness and tension
- ✓ Increase circulation in massaged areas
- ✓ Reduce stress and anxiety



EXPERIENCE HYDROMASSAGE TODAY!
Ask an associate for more information.

HYDROMASSAGE

Poster