



STONECREEK
CLUB & SPA

FASCIAL STRETCH THERAPY



The art of manual therapy and movement merged with science.

BENEFITS OF FST

- Faster recovery from workouts & training
- Increased relaxation & decreased stress
- Improved energy & circulation
- Improved postural alignment
- Decreased compression and pinching of joints & nerves
- Reduced Injuries
- At least 50% better results than traditional stretching

For more information or to schedule your session please contact our Fitness Director - Elise Stolze

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FASCIAL STRETCH THERAPY

→ WHAT IS FST?

Experience the gentle and relaxing approach of table-based assisted stretching. Fascial Stretch Therapy (FST) promotes healing by releasing tension held in the connective tissue. FST has been shown to decrease pain, relieve stress & improve posture. FST also dramatically improves movement, restores mobility, enhances performance and prevents injury. FST can provide improvement in as little as one session. Lack of flexibility and general tightness are the causes of most people's day-to-day aches and pains, which significantly affect your health, quality of life, and longevity in your activities or sports.

→ LOOKING TO INCREASE RESULTS?

Cupping, in conjunction with FST, can decrease inflammation, reduce muscle tightness, and increase blood/muscle recovery. During a Cupping/FST session, the practitioner will utilize various stretching and cupping techniques for the best of both worlds.

SESSION	MEMBER	NON-MEMBER
30 MIN.	\$68	\$82
60 MIN.	\$104	\$124
90 MIN.	\$154	\$184
30 MIN. CUPPING	\$78	\$94
60 MIN. CUPPING	\$134	\$160
90 MIN. CUPPING	\$184	\$220