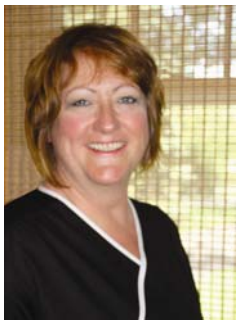


Massage Therapist At The CORE



DEBORAH DURKIN, L.M.T.

A 2005 graduate of the School of Holistic Massage and Reflexology, Deb comes to the Lemont Park District CORE Fitness & Aquatic Complex with experience in many areas. She is Nationally Certified, a Licensed Massage Therapist in the state of Illinois and a member of the Associated Bodywork & Massage Professionals. Deb's style provides deep relaxation as well as individualized treatment-oriented work by incorporating Swedish Massage, Trigger Point Therapy, Muscle Release Therapy and Deep Tissue work. She is also skilled in Hawaiian Lomi Lomi, Hot Stone Therapy and Thai Table Massage. She takes great pride in the effective massage therapy that she is able to provide to so many people and is honored to be sharing her training and experience with you.



DIANN RINKE, L.M.T.

Diann, a skilled Licensed Massage Therapist, has developed an interest in natural approaches to healthcare after experiencing the benefits of massage therapy first-hand. Diann holds a certificate from the National University of Health Sciences in Lombard, IL, completing over one hundred hours of clinical massages. She earned her license after passing the national boards test. She is certified with the American Heart Association for the Basic Life Support (CPR, AED). Diann is a member of the American Massage Therapist Association, Associated Bodywork and Massage Professionals, and The National University of Health Sciences Alumni Association. Diann was raised in Lemont, where she has raised her family along with her husband, Tom. She is excited to be at The Lemont Park District CORE Fitness & Aquatic Complex and bring her community her therapeutic touch for health and relaxation.



RESERVATIONS

Massage Therapy is available at The CORE by appointment Monday through Friday. For reservations call one of our therapists:

Deborah Durkin at 708-207-1881

Diann Rinke at 630-280-9260

CORE MEMBER PRICING

30-Minute

Swedish Massage	\$45
Deep Tissue	\$45

60-Minute

Swedish Massage	\$60
Deep Tissue	\$75

90-Minute

Swedish Massage	\$90
Deep Tissue	\$105

NON-CORE MEMBER SURCHARGE

= \$3 PER MASSAGE

BEFORE OR AFTER WORKOUT CHAIR MASSAGE

20 Minutes = \$20



16028 127TH, LEMONT, IL

PHONE: 630-257-6787

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