Hours & Scheduling

**Hours of Service**

**MASSAGE FS IR SAUNA**

**4:00 - 7:00 pm Monday 5:00 – 7:0O pm**

**8:30 – 11:30 am Wednesday 9:30 – 11:30 am**

**11:30 – 2:30 pm Thursday 12:30 – 2:30 pm**

**4:00 – 7:00 pm Friday 5:00 – 7:00 pm**

**Scheduling**

**Scheduling for both massage and sauna is done by appointment. Please call 715-778-5950 and leave a message stating your name and callback number, length of massage and/or service, and when is a good time for you (day/evening or a specific date). Because massage is typically booked out 6 weeks, we have a cancellation list that you can request to be put on as well.**

**Please arrive 5 minutes prior to all massage and sauna appointments so time is not taken off your session. If you are new to Breath and Bodywork, your first appointment will take a little more time. We schedule an additional 15 minutes prior in order to fill out and review paperwork, talk about massage/sauna and what you can expect during your sessions.**