



SPA SERVICES

■ SWEDISH MASSAGE

This classic European massage incorporates long flowing and kneading strokes to revitalize tired, sore muscles. This full body massage promotes relaxation, circulation, and mobility.

■ DEEP-TISSUE MASSAGE

Therapists combine traditional massage with a variety of compressions, stretches, and cross-friction techniques focusing on muscles relevant to a particular athletic activity or problem area.

■ PRE-NATAL MASSAGE

Total relaxation for the mother-to-be to help alleviate some of the muscular discomforts associated with pregnancy.

MASSAGE SERVICES

Duration	Member Price	Guest Price
30 min	\$45	\$65
60 min	\$70	\$90
90 min	\$95	\$115
120 min	\$120	\$140

MASSAGE PACKAGES

Duration	5 Pack	10 Pack
60 min	\$315	\$600
90 min	\$475	\$900
120 min	\$575	\$1,125

* GUESTS ADD \$20 FOR ANY INDIVIDUAL SERVICE.