



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 PRICING

Minutes	Guests	Members	5 Sessions	10 Sessions
30	\$65	\$45		
60	\$100	\$70	\$315	\$600
90	\$125	\$95	\$475	\$900
120	\$150	\$120	\$575	\$1125

** GUESTS CAN PURCHASE 1 SINGLE MASSAGE SESSION UP TO 5 TIMES A YEAR.*