

EXPERIENCE THE BENEFITS OF MASSAGE THERAPY

- Aids relaxation by reducing anxiety and stress
- Alleviates muscle stiffness and tension
- Enhances athletic performance
- Lowers blood pressure
- Improves blood circulation and movement of lymph fluids
- Speeds up healing of strained muscles and sprained ligaments
- Reduces pain, swelling, and formation of excessive scar tissue

DEEP TISSUE MASSAGE

This popular approach is used to release chronic patterns of muscle tension using slow strokes, direct pressure, and friction. This massage is applied with greater pressure and at deeper layers of muscle than Swedish massage. Lactic acid and other metabolic waste products are moved out of muscles, thereby improving circulation and range of motion.

ACUPRESSURE

Acupressure is based on the principles of acupuncture, using finger pressure on specific points of the body to stimulate the body's natural self-curative abilities. When these points are pressed, they release muscular tension and promote the circulation of blood, the body's life force to aid healing.

PRENATAL MASSAGE

This treatment can be performed lying face-down on our pregnancy table or side-lying, with a body pillow. Mothers-to-be will enjoy the benefit of alleviating stress on the body and adding serenity with soothing touch. Massage is not recommended during the first trimester. All expectant mothers should check with their doctors prior to getting a massage.

SWEDISH MASSAGE

This relaxing full-body massage uses traditional long, gentle Swedish-style massage strokes to increase circulation, rejuvenate tired muscles, encourage deep relaxation, and bring a release from tension.

SPORTS MASSAGE

Sports massage is specifically adapted to accommodate the needs of athletes and to mitigate the effects of athletic performance on the body. Varied techniques are used to address chronic tension or minor sports injuries.

Received before a workout, this massage will loosen and activate muscles, improving performance and minimizing the risk of injury. After a workout, it can speed the healing of injured tissue and reduce recovery time.

MASSAGE PRICES

MEMBER

20 Minutes	\$35
50 Minutes	\$62
80 Minutes	\$89
110 Minutes	\$119

GUEST - Payment required before services

20 Minutes	\$50
50 Minutes	\$79
80 Minutes	\$105
110 Minutes	\$135

PACKAGES

THREE, 20 Minutes	\$95
FOUR, 50 Minutes	\$220
FOUR, 80 Minutes	\$320
THREE, 110 Minutes	\$315

Prices valid for members & guests.
All packages expire 6 months after purchase date.

GIFT CARDS

Spoil yourself or someone you love! Gift cards for massage at ClubSport are great gift ideas for all occasions. Gift cards are available in any amount at the Pro Shop and the Activities Desk.

