MASSAGE THERAPIES

CLUBSPORT CLASSIC MASSAGE

Our signature full-body massage applies a combination of massage techniques and medium pressure to melt away stress and tension, improve circulation and promote total relaxation.

50 minutes	*$65/member*	*$80/guest*
80 minutes	*$95/member*	*$110/guest*

DEEP TISSUE MASSAGE

This therapeutic massage uses firm pressure to relieve deep muscle tension and overworked muscles.

50 minutes	*$70/member*	*$85/guest*
80 minutes	*$100/member*	*$115/guest*

SPORTS MASSAGE

Sports Massage is a special massage typically used before, during, and after athletic events. Its purpose is to prepare the athlete for peak performance, to increase circulation, drain away fatigue, relieve swelling, reduce muscle tension, promote flexibility and to prevent injuries.

20 minutes	*$35/member*	*$50/guest*
Six sessions, 20-min	*$180/member*	*$255/guest*

DE-STRESS MASSAGE

Improve your inner vitality with a localized massage. This massage focuses on a specific area of your body that accumulates the most stress and tension. Perfect for neck, shoulder, back, legs, or feet.

20 minutes	*$35/member*	*$50/guest*

REFLEXOLOGY

Relieve tension with an ancient form of healing. This foot massage uses pressure points on the feet that correlate to specific body systems to stimulate blood flow and add vitality to your step.

20 minutes	*$35/member*	*$50/guest*

AROMATHERAPY MESSAGE

This aromatic treatment will awaken your senses by using essential oils customized to soothe, tone, detoxify or rejuvenate your body.

50 minutes	*$65/member*	*$80/guest*
80 minutes	*$95/member*	*$110/guest*

PRE-NATAL MASSAGE

Our certified prenatal massage therapists provide a luxurious treatment created to support and nurture the mother-to-be. Special techniques and specially designed table ensure complete relaxation and comfort even late in pregnancy. This special treatment enhances the well being of mother and child.

50 minutes	*$70/member*	*$85/guest*
80 minutes	*$100/member*	*$115/guest*

HOT STONE MASSAGE

Experience a new level of relaxation as smooth, heated basalt stones gently glide across your body in a soothing rhythmic massage. The healing stones promote release of muscle tension, tissue repair, and a feeling of total well-being.

50 minutes	*$90/member*	*$105/guest*
80 minutes	*$120/member*	*$135/guest*

ClubSport Pleasanton
7090 Johnson Drive
Pleasanton, CA 94588
www.clubsports.com

THE SPA AT CLUBSPORT

INFORMATION & RESERVATIONS
Call: 925-463-2822 x580

HOURS
Mon-Thur: 9:00am - 9:00pm
Friday: 9:00am - 7:00pm
Sat/Sun: 9:00am - 4:00pm

spa

PERSONALIZED SKIN CARE

CLUBSPORT SIGNATURE FACIAL

This revitalizing treatment begins with a deep cleansing, followed by a gentle enzyme exfoliation to reveal smooth, glowing skin. A face, neck and shoulder massage is certain to ease your mind and spirit, while reflexology treatment of your hands and feet deepen your relaxation. A nourishing and deeply hydrating masque, followed by a nutrient-rich moisturizer will restore the vitality of your skin.

60 minutes	*$70/member*	*$85/guest*
6 session series	*$360/member*	*$430/guest*

ANTI-AGING FACIAL

Immediately improve skin density, texture and tone with a synergistic peel containing a blend of alpha and beta-hydroxy acids. This non-irritating formula combined with an intensely moisturizing masque will diminish fine lines and wrinkles, visibly reduce pore size, prevent future breakouts and perfect skin tone.

60 minutes	*$80/member*	*$95/guest*
6 session series	*$410/member*	*$480/guest*

MEN'S FITNESS FACIAL

Replenish suppleness to skin stressed by daily shaving and damaging effects of the environment. This treatment will sweep away signs of fatigue with an enzyme peel, and extractions while restoring hydration. Complete the revitalization with a neck, shoulder and foot massage to release tension and stress.

60 minutes	*$70/member*	*$85/guest*
6 session series	*$360/member*	*$430/guest*

THERAPEUTIC ACNE FACIAL

An intensive treatment designed to relieve problem skin. The skin is deep-cleansed, purified and calmed with a soothing masque to heal acne breakouts. Regular treatments along with prescribed home care will result in significant improvement. For best results, 6 treatment sessions are recommended.

60 minutes	*$70/member*	*$85/guest*
6 session series	*$360/member*	*$430/guest*

REFRESHING FACIAL

When time is a factor; this mini facial is the perfect skin refreshing solution. The gentle cleansing, exfoliation and customized masque will replenish your skin's nutrients for a complexion that glows. This facial is just the right addition to any of our treatments.

30 minutes	*$45/member*	*$60/guest*

FACIAL ENHANCEMENTS

Add a Revitalizing **Eye Treatment**, Three-Layer **Firming Masque**, or **Spa Hand Treatment** to enhance your facial experience.

Your choice	*$15/member & guest*

Prices, offerings, and hours of operation are subject to change without notice.

MICRODERMABRASION

A rejuvenating skin resurfacing procedure that stimulates the production of new skin cells and collagen to diminish the appearance of fine lines, acne scars, blotchy complexions, uneven skin texture and regain a youthful appearance to otherwise lack-luster skin. For optimal results, a series of six is recommended with prescribed home care.

Face	*$119/member*	*$134/guest*
Face - 6 sessions	*$600/member*	*$680/guest*
Face & Neck	*$149/member*	*$164/guest*
Face/Neck/Décolleté	*$199/member*	*$229/guest*
Add Hands only	*$49*	

ALPHA BETA® PEEL

This spa peel produces instant results without irritation. A patented formula, developed by a leading dermatologist, utilizes natural alpha-hydroxy acids with beta-hydroxy acids to diminish fine lines, pore size and pigmentation, control acne and oily skin, and improve texture and firmness.

30 min Face with home care:	*$125 /member*	*$140 guest*
60 min Face, neck, hands, and décolleté with home care:	*$175/member*	*$190 guest*

GLOWING BACK TREATMENT

This deep cleansing treatment will remove impurities, calm blemishes, moisturize and nourish your back leaving your skin radiant and healthy.

45 minutes	*$55/member*	*$70/guest*
6 session series	*$280/member*	*$360/guest*

SILKY SMOOTH BODY WAXING

Arm, Full	*$40*	*Chin*	*$15*
Arm, Half	*$30*	*Face, Full*	*$45*
Bikini Line	*$30*	*Leg, Half*	*$35*
Back	*$45*	*Leg, Full*	*$60*
Brazilian	*$50*	*Leg, Full w/Bikini*	*$75*
Brow	*$15*	*Lip*	*$15*
Chest	*$45*	*Underarm*	*$20*

Note: Hair must be grown out 1/4 inch. We do not recommend ingesting alcohol or caffeine before any waxing service. Please inform us if you are using Retin-A or Accutane before facial waxing.

SPA BODY TREATMENTS

STRESS RELIEVING SALT GLOW

Bring a healthy glow to your skin! A sea salt blend is used to gently emove dull surface cells. Then an emollient rich lotion is applied to nourish the skin. This treatment will exfoliate, re-mineralize and stimulate circulation for a fresh look and feel.

30 minutes	*$55/member*	*$70/guest*

TROPICAL SUGAR POLISH

Refresh and revitalize as a delightfully sweet blend of mango ginger warming sugar is applied to the gently polish your skin. Then enjoy a light massage with an emollient rich lotion to leave your skin silky soft.

30 minutes	*$55/member*	*$70/guest*

SALT GLOW/SUNLESS BRONZING

Achieve a natural-looking, golden glow without dangerous sun exposure. Our full body Salt Scrub precedes an application of moisturizing tanning cream designed to ensure an even, lasting coverage.

60 minutes	*$75/member*	*$90/guest*

SPA PACKAGES

EXERCISER'S RETREAT

Enjoy a full body exfoliation with a salt glow, followed by a 50-minute deep tissue massage to revitalize your muscles.

80 minutes	*$ 109/member*	*$124/guest*

MOM'S ESCAPE

Give yourself a relaxing time-out. You'll enjoy our ClubSport Signature facial combined with a 50-minute ClubSport Classic massage and spa hand treatment. In two hours you will be refreshed and ready to face the world with new vitality.

120 minutes	*$130/member*	*$160/guest*

SPA DAY PACKAGE

This pampering experience includes three healing treatments– Start off with our Signature ClubSport European Facial followed by an exfoliating Tropical Sugar Polish and rounded out with a relaxing 50-minute ClubSport Classic (Swedish) massage.

2-1/2 hours	*$195/member*	*$210/guest*

SPA POLICY

CHECK-IN

Please arrive 15 minutes prior to your appointment and check-in at the Spa Reservation Desk. If you should arrive late, your appointment may be shortened.

GRATUITIES

Gratuities are appreciated at your discretion. They may be offered at the Spa Reservation Desk during check-in or check-out.

CANCELLATION

To ensure the highest level of service and availability, cancellations made less than 4 hours prior to your appointment time will be subject to a 50% cancellation charge.

GIFT CERTIFICATES

Spa gift certificates are available at the Activities Desk for members and guests.