

SPA TREATMENTS

MASSAGE THERAPY

Swedish Massage* – 60 min / 90 min

A lighter massage that gently opens up tight muscles and improves health of the skin. Massage utilizes flowing techniques to open locked muscles and free energy blockages – for a tension-relieving experience unlike any other this treatment will reduce stress, increase circulation, and promote muscle relaxation. It is a rhythmic massage that is very soothing and relaxing. It is widely prescribed by physicians to enhance treatment for insomnia, anxiety and depression.

Deep Tissue Massage* - 60 min

Deeper massage that often begins with Swedish massage strokes to warm up the tissues, but also uses deeper pressure at specific anatomic points to open up very tight musculature. It is less rhythmic than Swedish, but creates greater and longer lasting reduction in tension. The term “deep tissue” refers more to working on deeper layers of muscle and connective tissue. Deeply addresses tight muscle groups without going past the point of resistance. It is highly beneficial for physical and mental stress reduction, athletic peak performance, sculpting and overall toning.

Aromatherapy* – 60 min / 90 min

Soothe your body and your senses with this incredibly healing treatment using essential oils. The massage includes a warm sage foot-wrap and combination of Swedish, Deep Tissue and Acupressure techniques. Your senses will be delighted and your spirit cleansed.

Prenatal* – 60 min

A wonderful treatment for the mother to be. A gentle technique is used to alleviate the physical discomfort and fatigue related to pregnancy. Prenatal massage improves circulation, diminishes back and hip pain, reduces leg cramps and swollen ankles. Only available after first trimester.

Reflexology* – 30 min

Eastern technique is based on stimulating specific pressure points of the feet that correspond to the organs in the body. Improves organ function and boost oxygen –rich flow to feed sluggish body systems.

*** All clients must have reached their 18th birthday**

BODY TREATMENT

(Beginning 3/1/07)

Detox Mud Wrap* – 90 min

With major healing properties the Moor Mud from Austria is a powerful detox which flushes out toxins and excess fluids in your body. It's potent ingredients stimulate blood circulation which creates balance, vitality and vibrancies. Also helps reduce cellulite and stretch marks.

Herbal Scrub* - 60min

Experience the special treatment of natural refined sea salts and essential oils, blended together for the ultimate body exfoliation, also includes a massage to improve blood circulation, energy flow and release tension.

Hydrating Body Polish* – 90min

This treatment begins with a massage then followed by a salt scrub exfoliation to slough of dead skin cells after a quick shower you are then painted with a warm soft shea butter and vitamins E. Perfect for dry skin such as dermatitis and eczema.

SPA TREATMENTS RATES

	Member Single Session	Member 10 - Pack	Non-Member 10- Pack
Swedish (60)	\$100	\$900	\$1200
(90)	\$140	\$1260	\$1700
Deep Tissue	\$120	\$1080	\$1380
Aromatherapy (60)	\$130	\$1170	\$1470
(90)	\$165	\$1665	\$2115
Prenatal (60)	\$115	\$500 (5 Pack)	N.A.
Reflexology (30)	\$55	N.A.	N.A.

BODY TREATMENTS RATES

	Member Single Session	Member 10 - Pack	Non-Member 10- Pack
Detox Mud wrap (90)	\$185	N.A.	N.A.
Herbal Scrub (60)	\$130	N.A.	N.A.
Hydrating Polish (90)	\$185	N.A.	N.A.

Our staff:

Spa coordinator/Head Therapist:

Arelis Cruz is a graduate of the Swedish institute and has been working professionally for 5 years. Arelis as well as all staff are licensed, skilled and highly professional. You can be assured that all services at the club and Spa will leave you feeling wonderful and most impressed.

Appointments

Please arrive 15 minutes early to allow enough time to check in, receive your full service. Luxurious steam, sauna and showers included in all services. Café is also available to all spa customers.

Cancellation Policy

Full payment must be received to book a service. With more than 24 hours notice, a service may be re-scheduled or kept on account as a service. Cancellation with less than 24 hours notice will result in full loss of service fee. No refunds.

Gratuities

18 % to 20 % is appreciated



Temporary Schedule of Services

Tuesday thru Friday
9:00 – 8:00 PM

Saturday & Sunday
10:00 – 4:00 PM

Account Number: _____

Member Name: _____

Email: _____

Address: _____

Town: _____ State: _____ Zip: _____

Home Phone: _____

Member Phone: _____ / _____
WORK CELL



MEMBER

NON - MEMBER

PAYMENT

AMEX VISA MASTER DIS
CARD# _____

EXPIRATION DATE: _____

CASH CHECK
STAFF _____ DATE ENROLLED: _____

PLACED _____ INITIALS _____

CONFIRMED BY _____ DATE _____

OFFICAL USE ONLY

COST _____ FULL _____

DEPOSIT _____ BALANCE _____

SPA

SERVICES

Spa Services start on February 01, 2007



Massage Therapy Body Treatments

2007



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