

# ALLSTAR FITNESS



MASSAGE MENU

# BENEFITS

## of Massage Therapy

- Enhances athletic performance
- Lowers stress, tension, and anxiety
- Reduces headaches, backaches, and stiff necks
- Enhances energy
- Improves circulation, muscle tonicity, and joint flexibility
- Promotes healing and expedites injury recovery
- Releases toxins
- Reduces acute and chronic pain
- Breaks up scar tissue and decreases muscular knots



# PACKAGES

**SAVE WHEN YOU BUY 5 TREATMENTS**

	<b>30 min</b>	<b>60 min</b>
Relaxation	\$225	\$325
Deep Tissue	\$250	\$375
Pregnancy	\$225	\$325
Hot Stone	n/a	\$425
Sports	\$250	\$375
Reflexology	\$225	\$325

# SERVICES OFFERED

## RELAXATION MASSAGE

A traditional Swedish style massage that relieves tension, helps to improve circulation, reduces stress, and promotes deep relaxation. **30 min \$50 60 min \$75**

## DEEP TISSUE MASSAGE

A deeper pressure massage designed to focus on specific areas of concern and large muscle groups. Helps to ease pain and loosen tight tissue. **30 min \$55 60 min \$85**

## PREGNANCY MASSAGE

Great relief for aches and pains associated with pregnancy. Eases low back pain, hip pain, and sciatica. Massage promotes deep peace for mother. **30 min \$50 60 min \$75**

## HOT STONE MASSAGE

All the benefits of a relaxation massage with the extra benefits of aromatherapy and soothing heat from the hot stones used to lull you into a meditative state.

Only available in **60 min \$95**

## SPORTS MASSAGE

A combination of therapies customized to improve your overall endurance and physical stamina for the sports and activities of your choice. **30min \$55 60 min \$85**

## REFLEXOLOGY MASSAGE

Encourage healing and detoxification with a relaxing hand /foot massage. Your therapist will access your entire body through acupressure points on the hands and feet.

**30 min \$50 60min \$75**

# ADD - ONS

## AROMATHERAPY

Choose to add up to 3 pure essential oils of herbs and flowers to your massage oil for an even more decadent massage treatment. **\$10**

## FOOT SCRUB

Soothe and soften tired feet with an aromatherapy foot scrub. Great for over used, retail feet. **\$10**

# POLICIES

## FOR YOUR CONSIDERATION

Enhance your Spa experience by arriving at least 20 minutes prior to your treatment. All-Star fitness & spa services are available to members and non-members (non-members add \$20 fee to each service for all day club access). A credit card number is required when scheduling a service.

## CANCELLATIONS

Spa services have been reserved especially for you. 24 hours notice is required to cancel or reschedule your treatment. Appointments cancelled with less notice will have a \$25 fee charged to the credit card used to reserve the service. No-shows will be charged the full rate of service.

## PRICING AND GRATUITIES

All prices are subject to change. Spa packages are discounted and are not valid with any other discounts. Gratuities are NOT included in service or package prices; however, gratuity envelopes are available

