



CHESTERFIELD

ATHLETIC CLUB

MASSAGE



RELAX
RENEW
refresh



16625 Swingley Ridge Road
Chesterfield, MO 63017

636.532.9992

chesterfieldathleticclub.com



Take time for yourself... Restore your sense of well-being

Experience the rejuvenation that massage therapy can bring to you as you feel your tension melt away. Renew your energy and spirit while relaxing in comfort in a serene atmosphere. You can feel your muscles relax, your pain diminish and your stress disappear, as you achieve a feeling of renewed vitality and healing.



Relaxation / Swedish

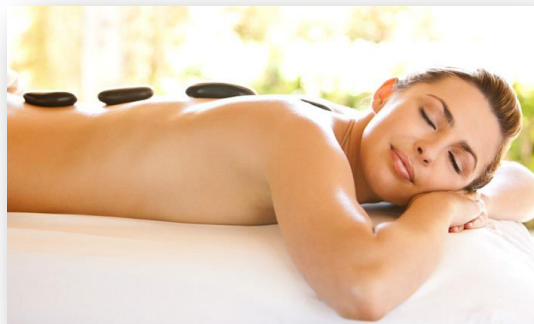
Massage designed to relax, release and rejuvenate. Long flowing strokes and lighter pressure gently soothes and calms.

60 minutes: \$65
90 minutes: \$110

Therapeutic / Deep Tissue

Advanced therapy designed to release tension and focus target areas while addressing chronic conditions. Choose from medium to deep tissue pressure.

30 minutes: \$40
60 minutes: \$75
90 minutes: \$110



Hot Stone Therapy

Deeply calming, smooth warm stones melt away tensions and aid in the body's natural healing process.

60 minutes: \$75
90 minutes: \$105

Pre-Natal Massage

A gentle massage for the mother-to-be. For your benefit we do not perform massages in the first trimester and we require a written physician's release for massage service.

60 minutes: \$60

Chair Massage

A relaxing massage to the neck, back, arms & hands can increase circulation, returning energy levels and helping keep the body injury free.

10 minutes: \$10

Benefits of Massage:

- Faster recovery from muscle strain & injury
- Greater flexibility
- Relieves stress, lowers blood pressure
- Increases endorphins – the body's own pain relievers
- Enhances the immune system by stimulating lymph flow – the body's natural defense system
- Improves circulation
- Lessens anxiety and depression



Call **636.532.9992** to schedule
an appointment with one of our
Licensed Massage Therapists today!