

Massage Services

The U-Club Spa experience is known for its luxurious locker lounge with whirlpool, steam room, and sauna, and its fabulous massages. Have our highly trained and certified massage therapists release every bit of stress from your muscles. Our therapists can coordinate your wellness care with our personal trainers or your medical care professionals to give you the best possible outcome. Please note that massage times listed include five minutes for room preparation and cleanup. For appointments, call 353-5113.



Traditional Massage

Swedish Massage

A relaxation standard. This traditional-style European body massage promotes relaxation, stimulates circulation, and relieves tension. *60 minutes: \$60/\$69* ✦ 90 minutes: \$88/\$99**

Express Massage

A shortened version of our Swedish Massage, targeting one or two areas. *30 minutes: \$40/\$46**

Reflexology

Treat your feet and hands to the ancient art of relaxation. By manipulating pressure and energy points, your therapist can stimulate the entire body, improving energy flow and circulation while promoting relaxation. Includes a bubbling foot soak and soothing Aromatherapy lotions. *60 minutes: \$70/\$80**

Pregnancy Massage

Relief for expectant mothers in all stages of pregnancy. Our pillow system and specialized tables keep you comfortable so you can relax and unwind while getting relief for tight sore muscles, excess swelling, and stiff backs. *60 minutes: \$70/\$80**

Pure Relaxation

Hot Oil Massage

Find pampering relaxation with this warmed oil aromatherapy massage. This treatment not only feels like heaven, but purifies, nourishes, and rejuvenates the mind and body. *90 minutes: \$90/\$103**

Happy Feet Massage

A relaxing Swedish massage with a bubbling essential oil foot soak and an essential oil hydrating lotion during your massage. *90 minutes: \$96/\$110**

Paraffin Bliss Massage

A relaxing Swedish massage with our special hydrating hand and foot treatment and a penetrating paraffin dip. *90 minutes: \$96/\$110**

Pierre et Fleur

The ultimate massage experience. Warm stones soothe muscles with penetrating heat while essential oil fragrances unwind the mind. Improve circulation and health while being taken to a new level of relaxation. *90 minutes: \$109/\$125**

**Pricing is stated for U-Club Members/Guests, and is subject to change without notice.*

Therapeutic Bodywork

Orthopedic Massage

The best of both relaxation and results. This massage helps improve soft tissue problems, such as shoulder, neck, and back pain, as well as sinus headaches, migraines, tendonitis, and tight muscles. Therapists combine stretching, myofascial release, trigger point release, and pain-relieving ointments to get the best possible treatment outcome.

60 minutes: \$66/\$76 ✦ 90 minutes: \$92/\$106**

Reiki (ray-key)

This simple, natural healing modality uses the laying-on of hands to transmit energy. This ancient method supports the body's natural ability to heal itself. Reiki revitalizes both body and soul, relieves stress, loosens up blocked energy and promotes a state of total relaxation. *60 minutes: \$66/\$76**

Advanced Therapy Massage

Feel better faster with this high tech healing system. Combine advanced massage techniques like myofascial release, deep tissue massage, trigger point release, with healing modalities such as cryotherapy, hot packs, steamed towels, heated stones, and therapeutic lotions. Complimentary injury assessment session with an exercise physiologist available to discuss active treatment options to speed recovery.

*60 minutes: \$70/\$80 ✦ 90 minutes: \$99/\$114**

Sport Massage

A great counterpart to any workout. The U-Club Spa's highly skilled massage therapists loosen muscles and release knots before or after a workout in the Fitness Center. *\$1 per minute*

Addition for Spa Services

To enhance your spa experience, ask for these additional services when booking your massage treatment.

Deep Conditioning Hair Treatment

A complement to any massage, facial or body treatment. Peppermint cools and soothes while moisturizers deeply penetrate and nourish the hair and scalp. *+\$15*

Brain Sync

First discovered by biophysicist Gerald Oster at New York's Mount Sinai Hospital, brain wave audio technology sends pure, precisely tuned sound waves of different frequencies to your brain. Using stereo headphones and various combinations of alpha, beta, delta, gamma, and theta waves, you become relaxed and reenergized. Experience cerebral bliss by adding Brain Sync to any massage, manicure, or pedicure for *FREE*.