



For more information or to book your appointment,
please contact the service desk.

www.TheSpaAtClubOne.com

THE  SPA
at Club One

MASSAGE TREATMENTS

The Spa Custom Massage*

Club One's team of massage therapists are highly trained professionals committed to your satisfaction. Each treatment session is personalized and often combines massage techniques that help you achieve total wellness.

Sports: Focuses on muscle systems in relation to a particular sport in order to assist training, prevent injury and aid in healing

Swedish: Incorporates long strokes, kneading and friction on the superficial layers of the muscles, in combination with active and passive movements of the joints.

<i>50 Minutes</i>	<i>Member</i>	<i>Guest</i>
Single	\$77	\$87
Series of 3	\$210	\$240
Series of 6	\$402	\$462
<i>80 Minutes</i>		
Single	\$102	\$112
Series of 3	\$291	\$321
Series of 6	\$552	\$612

Deep Tissue Massage

Slow strokes and deep finger pressure releases chronic patterns of tension in contracted areas of the body.

<i>50 Minutes</i>	<i>Member</i>	<i>Guest</i>
Single	\$92	\$102
Series of 3	\$255	\$285
Series of 6	\$492	\$552
<i>80 Minutes</i>		
Single	\$117	\$127
Series of 3	\$336	\$366
Series of 6	\$642	\$702

MEMBERSHIP

The Spa at Club One is open to the public. You don't have to be a Club One member to enjoy our offerings. Membership has its advantages. For more information, please contact a Membership Representative.

APPOINTMENT GUIDELINES

Please contact our service desk to schedule your appointment. Please arrive at least 20 minutes prior to your scheduled appointment to complete our check-in process. Also, enjoy a brief steam, sauna and a shower to rinse off stress.

CANCELLATION POLICY

The services you select are reserved exclusively for you. To cancel your appointment, please call the service desk at least 24 hours before your appointment to avoid being billed for 100% of the service fee. We don't accept cancellations by e-mail.

INCLUDED WITH YOUR TREATMENT

Enjoy a complimentary same-day pass to the club. Receive up to two hours of complimentary Playcare* for one child at participating Club One locations. Please check with your club location for information on age limits and hours of operation. You must make a reservation with Playcare to guarantee a spot.

YOUTH POLICY

Children 13–17 years old may receive treatments at a location that offers general club youth access. Please contact the club location for more information. The maximum treatment time for a youth is 50 minutes. Children must wear undergarments during massage treatments. A parent or guardian over the age of 25 years old must be present for the duration of the treatment.

*Not available at all locations.