

## 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 does have its advantages. For more information, please speak with 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. Enjoy a brief steam, sauna and a shower to rinse off stress at this time.

## 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. Also included are two hours of complimentary Playcare for one child. Please check with the specific club location for information on age limits and hours of operation. You must make a reservation with Playcare to guarantee a spot. Reservations are made by contacting Club One at Santana Row at 408/985-5555 or Club One at Silver Creek Sportsplex at 408/226-8080.

## 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 & skin treatments. A parent or guardian over the age of 25 years old must be present for the duration of the treatment.

**Club One at Santana Row**  
3055 Olin Avenue  
San Jose, CA 95128  
408/985-5555

**Club One at Silver Creek Sportsplex**  
800 Embedded Way  
San Jose, CA 95138  
408/226-8080

[www.TheSpaAtClubOne.com](http://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

Pre and Post Natal Massage

Revel in relaxation before or after motherhood arrives with this nourishing and customized massage. Your therapist uses various positioning techniques and modalities to give you the best results possible. Not performed in the first trimester.

<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

Hot Stone Therapy Add-on \$15

## SKINCARE TREATMENTS

Complimentary 10-minute skin consultations are available to get you on track to smooth, clear and even skin.

The Spa Custom Facial\*

This custom treatment consists of a relaxing facial with steam vapor, gentle cleansing, massage, exfoliation, and extractions. A skin-specific mask is applied and followed by toning and moisture protection. For all skin types.

<i>50 Minutes</i>	<i>Member</i>	<i>Guest</i>
Single	\$77	\$87
Series of 3	\$210	\$240
Series of 6	\$402	\$462

Microderm Rejuvenation

Reduce the appearance of sun damage, fine lines and wrinkles, blackheads and comedones, uneven pigmentation, enlarged pores, and superficial scars. Extractions are performed along with soothing products and a customized mask. Diamond tip also available for sensitive skin.

<i>50 Minutes</i>	<i>Member</i>	<i>Guest</i>
Single	\$135	\$145
Series of 3	\$384	\$414
Series of 6	\$750	\$810

Glycolic Facial

**Glycolic Enzyme:** This accelerated treatment has two effective topical exfoliants. The combination safely intensifies resurfacing action and provides measurable results for any skin types. Recommended for teens.

**Factor A:** Resurface and clarify skin texture, minimize fine lines and wrinkles, and fade the appearance of discoloration to even skin tone and assist in resolving acne.

<i>50 minutes</i>	<i>Member</i>	<i>Guest</i>
Single	\$115	\$125

## BODY TREATMENTS

Detoxification Toning Wrap

This pure luxurious wrap gives the benefits of a vigorous detoxification and deep cleansing combined with tightening and toning qualities.

<i>50 minutes</i>	<i>Member</i>	<i>Guest</i>
Single	\$110	\$120

Salt or Sugar Body Polish

Sea Salt contains over 74 trace minerals, all known to be essential to health and vitality. Our Sugar-Specially is formulated with essential oils, botanical extracts and loaded with healing and rejuvenating Omega Oils. Vitamin A and E are included for antioxidant benefits. Whether you treat yourself to salt or sugar, the benefits are endless.

<i>25 minutes</i>	<i>Member</i>	<i>Guest</i>
Single	\$60	\$70

## WAXING

Facial Hair Removal

	<i>Member</i>	<i>Guest</i>
Brow Shaping	\$20	\$30
Lip or Chin	\$15	\$25
Full Face	\$35	\$45

Body Hair Removal

Full Arm	\$55	\$65
Half Arm	\$40	\$50
Underarm	\$25	\$35
Back	\$50	\$60
Chest or Stomach	\$40	\$50
Bikini	\$30	\$40
Brazilian	\$75	\$85
Brazilian Maintenance	\$65	\$75
Full Leg	\$75	\$85
Half Leg	\$50	\$60

## SPA PACKAGES

The Spa Custom Package

50 minutes each of The Spa Custom Facial and Massage

<i>110 minutes</i>	<i>Member</i>	<i>Guest</i>
Single	\$140	\$160

The Spa Rejuvenation Package

50-minute Microderm Rejuvenation Facial and a 50-minute The Spa Custom Massage

<i>110 minutes</i>	<i>Member</i>	<i>Guest</i>
Single	\$200	\$220

The Spa Renewal Package

50-minutes of either The Spa Custom Facial or Massage and a 50-minute Body Polish Treatment

<i>110 minutes</i>	<i>Member</i>	<i>Guest</i>
Single	\$195	\$215

## INFORMATION & APPOINTMENTS

Service Desk

\*This service can be scheduled with Getting Started Kits.