

Spa and Massage Services

BENEFITS OF MASSAGE

- Strengthens muscle tone
- Improves joint function
- Decreases tension and stress
- Increases energy and mental alertness
- Promotes more restful sleep
- Speeds recovery from injury
- Alleviates chronic pain
- Diminishes swelling
- Helps posture and coordination

TYPES OF MASSAGE

The massage therapist will tailor the appointment to fit individual concerns. Please discuss any medical issues with your therapist at the beginning of your appointment.

SWEDISH MASSAGE: This classic massage technique is designed to relax the entire body, quiet the mind and also helps detoxify the body.

DEEP TISSUE MASSAGE: This massage focuses on realigning deeper layers of muscles and connective tissue, which releases stored tension and helps to alleviate chronic pain.

SPORTS MASSAGE: Sports massage helps prevent athletic injury, keeps the body flexible and heals the body should injury occur.

HOT STONE MASSAGE: This type of massage stems from the Swedish and Deep Tissue styles combined with the use of heated basalt stones. The gentle, yet firm pressure along with the warmth of the stones creates an extremely comforting and overall blissful feeling of well-being. This type of massage is NOT recommended for those with high blood pressure, diabetes, weak bones, or who are pregnant.

PRENATAL MASSAGE: This is a gentle massage session customized to boost the immune system, increase circulation, release muscle tension, ease mental stress and relieve aches and discomforts specific to each pregnant woman. This technique uses a specifically designed pillow for comfort and safety.

CHAIR MASSAGE: This massage is a condensed session focusing on head, neck, shoulders and back, available during select times in the Health Zone lobby.

CORPORATE CHAIR MASSAGE: Looking for a fun event to reward your employees? Let us come to you. Corporate chair massage sessions can be scheduled through our health promotions department. Please call (918) 494-8263 to schedule your event.

RATES

MEMBERS

- \$50 half hour
- \$70 hour
- \$100 hour (deep tissue)
- \$110 hour and a half

GUESTS

- \$60 half hour
- \$85 hour
- \$115 hour (deep tissue)
- \$125 hour and a half

FOR YOUR CONSIDERATION

Appointments are booked based on availability. Please contact the Member Services Desk at (918) 494-1671 to schedule a time.

Child care is available for an additional fee.

KIDS ZONE HOURS

Monday – Saturday: 8:00 a.m. to 1:30 p.m.

For information on Health Zone membership, please see the Member Services Desk.

Gift cards are available at the Member Services Desk.

Facials and body treatments are available. Please ask for details at the member services desk.

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