

## *Additional Massage Services...*

### **Corporate Massage**

Reward yourself and your employees with a rejuvenating on-site chair or table massage. Statistics show that workers who periodically receive massage at work are more productive, innovative, and happier. Contact Craig Bohn at (302) 239-6688 or by email at [cbohn@hachealthclub.com](mailto:cbohn@hachealthclub.com) for more information.

### **Parties!**

Do you have a party to plan? Not sure how to make your baby shower, wedding shower, pajama party, girls night out, graduation or birthday party perfect? We can help. Our therapists are happy to travel out of the HAC environment and assist you in creating the best atmosphere for your guests. Contact Craig Bohn at (302) 239-6688 or by email at [cbohn@hachealthclub.com](mailto:cbohn@hachealthclub.com) for more information.



## *The Massage Procedure...*

### **Scheduling Your Massage**

To schedule your massage, call Hockessin Athletic Club or visit the Mind and Body desk on the upper level of the club. Our friendly staff will be happy to schedule your massage at your convenience. Most appointments can be booked the same day, assuming at least one hour's notice is given. If there is not a receptionist at the Mind and Body desk, feel free to schedule with one of the Front Desk staff members.

Upon scheduling, please indicate whether you would prefer a male or female massage professional. Then, choose a day and time and the type of massage treatment you would like. You will receive a reminder call before your scheduled appointment.

### **Canceling Your Appointment**

To avoid a \$40.00 service fee, please notify us of any changes or cancellations at least four hours prior to your appointment. Hot Stone appointments that are cancelled or changed with less than four hours notice will be charged in full.

## *Massage Hours...*

**Monday-Thursday: 8:00 am-9:30 pm**

**Friday: 9:00 am-9:00 pm**

**Saturday-Sunday: 9:00 am-6:00 pm**

## *For More Information...*

If you have any further questions regarding massage, please contact your therapist or the massage coordinator, Mr. Craig Bohn, CMT, at (302) 239-6688 or by email at [cbohn@hachealthclub.com](mailto:cbohn@hachealthclub.com)

HOCKESSIN ATHLETIC CLUB

# *Massage Center*



**HOCKESSIN**  
ATHLETIC CLUB 

**302-239-6688**

**FAX:302-239-9026**

**WWW.HACHEALTHCLUB.COM**

HOCKESSIN ATHLETIC CLUB

# Massage Center

## Our Mission...

Our main goal at the Hockessin Athletic Club is to help people live healthier, more fulfilling lives. The HAC Massage Center employs the areas top massage professionals, all of whom are trained in a variety of massage modalities and techniques. Thus, our clientele receive top of the line care specifically tailored to their individual needs and desires.

Furthermore, our massage rooms are designed to blur the lines of time and transport each client into their own, relaxing environment that is safely hidden from the outside world. Whether you would like to relax and unwind, enhance your athletic performance, or therapeutically address specific concerns, the HAC Massage Center is here to help you reach your fitness and health goals.

The HAC Massage Center is dedicated to caring for all individuals, and we service both HAC members and non-members. We welcome expectant mothers, stressed executives, young high school or college students, retirees, athletes of all levels, and the physically challenged. Everyone is treated at the HAC Massage Center with exceptional care. We promise to provide each client with specialized, professional, and outstanding massage therapy.



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## Massage Treatments...

### Swedish/Therapeutic Massage

Swedish massage is the most common form of massage therapy in which the therapists use a specific combination of techniques designed to relax the superficial layers of muscle tissue. Our massage, however, incorporates a therapeutic approach which allows each client to receive optimal care for their body. Therefore, in choosing this massage option, you will enjoy blissful relaxation with the option of treating one to two problem areas with deeper, more specific attention at no extra charge.

30/60/90minutes.....\$50/\$80/\$100

### Deep Pressure/Sports Massage

This massage is specifically designed to address problem areas in the body. During this session, your therapist will assess and treat tension areas by utilizing a collection of deep muscle therapy techniques. This will decrease overall tension while also reducing trigger point pain, muscle adhesion, and other anatomical restrictions present in the problem area(s) and the surrounding structures. This massage is great for anyone, but athletes and clients with a need for firmer pressure will benefit most from this option.

This treatment is perfect for athletes at any level who are preparing for or recovering from an athletic event. Inform your therapist about your individual circumstances, and they will be delighted to tailor your massage to suit your needs.  
30/60/90minutes.....\$60/\$95/\$120

### Pre-Natal Massage

This massage is designed especially for the expectant mother. We use specially designed bolsters and pillows to allow mothers to lie on their stomachs safely and comfortably while enjoying a luxurious massage. This massage is extremely beneficial for both mothers and their babies.

30/60/90minutes.....\$60/\$95/\$120

### Reflexology

This ancient art of foot massage enhances the body's natural healing process, promotes relaxation, and stimulates circulation throughout the entire body. During this treatment, your therapist will stimulate reflex points in the foot using direct thumb pressure. Try adding in an extra 30 minutes for your back, neck, and shoulders and leave feeling rejuvenated from head to toe.

30/45minutes.....\$50/\$65  
30 min reflexology and 30 min neck, back, and shoulder massage.....\$90

### Hot Stone Massage

Bring your relaxation to the next level with hot stones! This hydrotherapeutic massage style utilizes the heat held by basalt lava stones in conjunction with our Swedish/Therapeutic massage option. Feel your tension melt away with this ancient art of total body healing.

90 minutes.....\$150

### Heated Bamboo Fusion Massage

Bamboo-Fusion™ is a full body treatment that combines the techniques of Swedish and Deep Tissue massage with soothing, relaxing heat. This massage technique uses hand crafted, heated bamboo tools to create long, soothing, rhythmic strokes. Since bamboo is a natural element (wood), one can expect to emerge relaxed and invigorated.

30/60/90minutes.....\$60/\$95/\$120

Bamboo Add On.....\$15

## Package Plans...

Save money by purchasing a package of five half hour, hour, or hour and a half massage sessions or three half hour, hour, or hour and a half massage sessions. **Black Card members will receive an additional \$10 off each massage!** Don't miss out on this economical offer.

### 5 Session Package Price

Swedish/Therapeutic-30/60/90min.....\$215/\$350/\$450  
Deep Pressure/Sports-30/60/90min.....\$265/\$425/\$550  
Bamboo Fusion-30/60/90min.....\$265/\$425/\$550  
Pre-Natal-30/60/90min.....\$265/\$425/\$550  
Reflexology-30/45min.....\$215/280  
Reflexology Plus.....\$400  
Hot Stone.....\$700

### 3 Session Package Price

Swedish/Therapeutic-30/60/90min.....\$132/\$222/\$282  
Deep Pressure/Sports-30/60/90min.....\$162/\$267/\$342  
Bamboo Fusion-30/60/90min.....\$162/\$267/\$342  
Pre-Natal-30/60/90min.....\$162/\$267/\$342  
Reflexology-30/45min.....\$132/177  
Reflexology Plus.....\$252  
Hot Stone.....\$432

\*ALL PRICES SUBJECT TO CHANGE\*