

## OUR THERAPISTS

Visit [www.RaintreeAthleticClub.com](http://www.RaintreeAthleticClub.com) to view individual biographies about our therapists.

## COMPLIMENTARY CHILDCARE

One less thing to worry about. Drop your children in our childcare facility as you enjoy your massage at no extra cost. See our Childcare hours on the reverse side of this brochure.

## ONLINE BOOKING

Book your massage from our website: Go to the MASSAGE page located under the WELLNESS tab. Click the BOOK NOW button and follow the instructions to schedule.



## CANCELLATION POLICY

We ask that all appointments be canceled at least 24 hours prior to the scheduled appointment time. If you miss or cancel an appointment (with the exception of extenuating circumstances) without 24 hour notice, you may be charged the full cost of the missed session.

## MASSAGE REFERRAL PROGRAM

Get rewarded for referring friends to our massage therapists. Ask your therapist about our referral program.



### RAINTREE ATHLETIC CLUB

2555 South Shields  
Fort Collins, CO 80526  
970.490.1300

### CLUB HOURS

Monday - Friday 5:00am - 12:00am  
Saturday - Sunday 6:00am - 10:00pm

### CHILDCARE HOURS

Monday - Thursday 8:00am - 8:00pm  
Friday 8:00am - 7:00pm  
Saturday - Sunday 8:00am - 2:00pm



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Radiant  Balance  
M A S S A G E



## WHAT CAN MASSAGE DO FOR YOU?

- ▶ Improves circulation and immune system function
- ▶ Lowers blood pressure and reduces stress
- ▶ Can help in achieving deeper levels of sleep associated with pain relief and mental restoration
- ▶ Relieves tension and pain by lowering cortisol levels and allowing for increased production of serotonin, the body's natural pain-reliever
- ▶ Helps soften tight scar tissue
- ▶ Can increase range of motion in stiff joints and improve mobility
- ▶ Helps decrease the intensity of muscle soreness after a tough workout

## HOW CAN RECEIVING A REGULAR MASSAGE (1 - 3X A MONTH) HELP?

- ▶ Can help ease issues like anxiety, hyperactivity and depression
- ▶ Helps lower blood pressure and increase immune system function long-term
- ▶ Encourages deeper breathing and increased oxygen intake
- ▶ Promotes mental clarity, overall relaxation and peace of mind
- ▶ Helps develop the mind-body connection

## SPECIALTY MASSAGES



### Hot Stone Massage

A deeply relaxing massage that uses hot stones to soothe every layer of the body to reduce soreness and tension.

**60 MINUTE** \$80/member \$90/non-member

**90 MINUTE** \$110/member \$120/non-member

### Neuromuscular Rehab Therapies

NMRT is great for headaches, whiplash and TMJ. May include intra-oral massage combined with integrative neuromuscular therapy for muscles in the shoulders, neck, jaw and head.

**30 MINUTE** \$40/member \$50/non-member

**60 MINUTE** \$65/member \$75/non-member

### Deep Tissue Massage

Deep tissue massage uses techniques to remove severe and chronic tension in the deeper tissue structures of the muscle and fascia, also called connective tissue.

**60 MINUTE** \$65/member \$75/non-member

**90 MINUTE** \$95/member \$105/non-member

### Relaxation Massage

We will create a tailored massage, giving the most beneficial experience for each individual.

**30 MINUTE** \$35/member \$45/non-member

**60 MINUTE** \$60/member \$69/non-member

**90 MINUTE** \$90/member \$99/non-member

## RELAXATION PACKAGES

Pricing listed below is for Relaxation Massages. Excludes hot stone, NMRT, & deep tissue massages.

### 30 MINUTE MASSAGE

*6 Pack*.....\$189/member \$243/non-member

### 60 MINUTE MASSAGE

*6 Pack*.....\$324/member \$372/non-member

### 90 MINUTE MASSAGE

*6 Pack*.....\$486/member \$534/non-member

