

Your First Massage?

Modesty

During your massage session, you will be draped with a sheet. You will choose whether to be fully or partially unclothed under the drape. As each part of the body is massaged, it will be uncovered. Genitals and women's breasts will never be uncovered.

Oil

A light oil is used to enable the therapist's hands to slide over the skin without causing chaffing or pulling hair. Inform the therapist if you have any allergies, which may be aggravated by the oil. Most people prefer to shower after the massage. If you won't have time to shower, ask the therapist to towel off the excess oil.

Makeup and Hair

If you prefer that hair and makeup not be disturbed, inform the therapist not to massage your face or scalp.

Pain

You may or may not feel physical pain during a massage, depending on your physical condition, pain tolerance and the therapist's technique. Give feedback before and during the massage. Sore, tense muscles may hurt a little when massaged. Take a hot shower or bath and drink plenty of water to help remove toxins flushed out during a massage.

Massage Style

Many massage therapists combine styles and techniques. The two most common are Swedish and Oriental bodywork such as shiatsu and acupressure. Let your therapist know if you have a preference.

Participate in your session

Ask questions. Let the therapist know if you ever feel uncomfortable. Above all, relax and enjoy your massage.



Massage Therapy

The Alaska Club

Benefits of massage:

- Stimulates circulation
- Speeds recovery & elimination of toxins after exercise
- Improves muscle tone
- Increases flexibility
- Reduces mind & body stress
- Seeds the healing of injuries
- Relaxes muscle spasms
- Helps with overall relaxation & rebalancing of energy

Fees	Member	Nonmember
½ hour	\$40	\$45
1 hour	\$55	\$65
1 ½ hour	\$70	\$85

Massage appointments are available most days of the week at various times. Call the front desk of the appropriate club to schedule an appointment.

North	700 South Bragaw	278-3621
West	1400 W. Northern Lights Blvd.	264-2720
For Women	1450 W. Northern Lights Blvd.	264-2700
Midtown	630 East Tudor Road	562-2460
Eagle River	12001 Business Blvd.	694-6677
Valley	1720 East Parks Highway	376-3300

