



General Information

Hours of Operation

Monday – Friday 9 am – 8:30 pm
Saturday – Sunday 9 am – 6:30 pm

Appointments

Contact the Service Desk in person or by phone (528-2582) to book your appointment. Although appointments can often be made on a walk-in basis, it is recommended to reserve in advance. Please arrive 15 minutes prior to your appointment for a stress free check-in.

Payment

Before your massage begins, please pay for your treatment at the Service Desk. Bring the receipt to your massage therapist.

Rates

Members receive preferred rates as shown. There is an \$18 guest fee for non-members that includes day use of the facility.

Cancellation Policy

50% of the treatment price is charged for cancellations made within 24 hours of your appointment.
No shows are charged in full.

Department Coordinator

Jamie Hogan
Phone: (707) 521-2425
Email: Jamie@airportclub.com



About Our Therapists

The Airport Health Club takes pride in the professional training and experience of our staff. Their combined skills allow for a wide spectrum of techniques and styles to address the various needs of our clients.

Our staff appreciates your time and will listen to your requests. Our goal is for you to be comfortable and we will try to look after every detail for you. Please let us know if the room is warm or cool enough, if the music is pleasing, and most of all, let your therapist know if the pressure or technique works for you. Our therapists will use their intuition and communication to offer you the best massage possible.

Attire

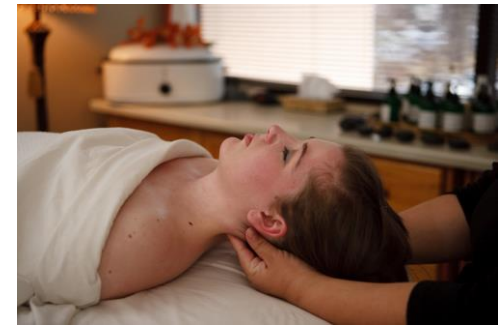
Robes and towels are provided at your request by the Service Center located outside the locker rooms. Our staff maintains a strict draping policy for your comfort and privacy, however undergarments may be worn during treatments if you prefer.

Gift Cards

Gift Cards may be purchased at the Service Desk for members or non-members.



Massage



Airport Health Club

432 Aviation Blvd, Santa Rosa, CA 95403



Menu of Services

Massage can be a vital part of your overall health by allowing for physical, emotional, and spiritual balance. Make the most of your massage experience by relaxing before your appointment begins. Take advantage of the Jacuzzi, steam and sauna rooms if you like.

Our most popular massages are Swedish & Deep Tissue. A therapist may incorporate a mixture of modalities for your benefit. Our therapists use top of the line, natural lotions or oils, however it is your option to have a treatment done with or without lotions, oils or aromas.

THIS IS YOUR TIME...ENJOY!

Swedish Massage

A traditional Swedish style to ease tension and muscle stiffness, reduce stress and promote a sense of overall relaxation.

30 Minutes	\$45
60 Minutes	\$70
90 Minutes	\$100

Sports Massage

A special combination of traditional massage, stretching and trigger-point therapy, which target sport specific muscles. Ideal for enhancing athletic performance as well as speeding muscle recovery after exertion.

30 Minutes	\$55
60 Minutes	\$85
90 Minutes	\$120

Hot Stone Therapy

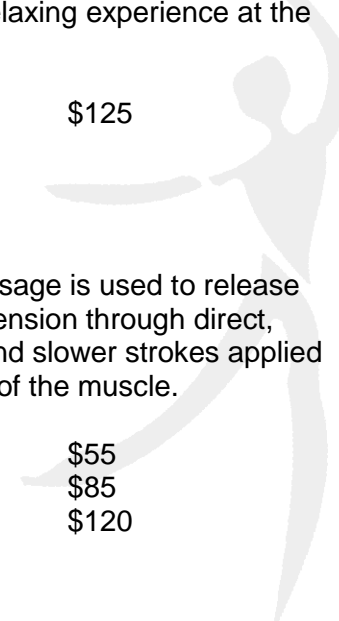
Treat yourself to the ultimate in relaxation! This ancient art uses smooth river stones heated in a mixture of water and essential oils. The stones are then used to massage the body, for a relaxing experience at the deepest level.

90 Minutes	\$125
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Deep Tissue

Deep tissue massage is used to release chronic muscle tension through direct, deep pressure and slower strokes applied across the grain of the muscle.

30 Minutes	\$55
60 Minutes	\$85
90 Minutes	\$120



Specialty Treatments

Keep in mind that we offer a wide variety of therapies for you to choose from. Please refer to the Massage Coordinator for more detailed descriptions of our specialty treatments or to confirm the availability of a therapist who can meet your needs.

Reflexology* Massaging specific areas of the foot or sometimes the hand in order to promote healing & relieve stress in other parts of the body.

Trager* Gentle rhythmic movements for pain relief and greater mobility.

Pregnancy Massage* Gentle massage that focuses on the special needs of Mothers-to-be such as low back pain and discomfort in the legs and feet. This bodywork is done with the client lying on her side with special cushions for support.

Chi Nei Tsang* Work on the abdomen with deep, soft, and gentle touch to train internal organs to work more efficiently.

Lymphatic Massage* Increases flow of lymph, which helps remove harmful substances from muscle tissue and increases immune function.

Vibrational Healing* Bodywork therapy designed to restore one to fluidity.

***Ask the Massage Coordinator about pricing and availability.**