

MASSAGE THERAPY

OUR SERVICES

SWEDISH

DEEP TISSUE

SPORTS

PRENATAL

PRICING

	Member	Non-Member
30 MINUTE	\$45	\$55
45 MINUTE	\$55	\$65
60 MINUTE	\$70	\$85
75 MINUTE	\$85	\$100
90 MINUTE	\$95	\$110
120 MINUTE	\$145	\$160

ADD ONS

CUPPING THERAPY \$10

VOLCANIC STONE \$10
requires 2+ hours advanced notice.

*Prices are subject to change

MEET OUR THERAPISTS

AMY SIMONSEN

Caters each session to her client's individual needs and devotes her time and effort to their comfort. Specializes in Swedish, Deep Tissue, Sports, Hot Stone, and Prenatal Massage as well as Cupping Therapy.

REBEKAH YOUNG

Takes time to work down through the muscles to get to the source of any pain or tension. Specializes in Deep Tissue and Sports Massage.

PATTI DARET

Incorporates essential oils into all massages except when contraindicated or requested by client. Specializes in Swedish, Deep Tissue, Sports Massage, Prenatal and Volcanic Stone Massage

POLICY

As a first time guest, please arrive 5-10 minutes early to check in and fill out our intake form. Massage treatments may be limited during stages of pregnancy.

We require a 4 hours notice for canceling/rescheduling appointments. Appointments not cancelled within 4 hours or no-shows may be charged for the service if we are unable to fill your appointment.

SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AMY		9AM-2:30PM 4:30PM-5:30PM	9AM-3:30PM	9AM-2:30PM 4:30PM-5:30PM	9AM-3:30PM	9AM-2:30PM	
REBEKAH	10AM-4PM	9AM-5PM			11AM-7PM	9AM-1PM	10AM-5PM
PATTI						2PM-5PM	

CALL TO BOOK YOUR APPOINTMENT 985.626.3706

PELICAN
ATHLETIC CLUB