

OUR MASSAGE THERAPISTS:

P.J. Silveti

Licensed Massage Therapist

Graduated from Massage School at Clear Lake in 1991

Certifications: Medical Massage, Sports Massage

Modalities include: Deep Tissue, Sports Massage, Shiatsu, Hot Stone, and Pregnancy Massage

Cindy Valle

Licensed Massage Therapist, NCBTMB

Graduated from The Phoenix School of Massage Therapy, Houston, Texas – March 2010

Certifications: Sports Massage

Modalities include: Sports massage, Deep Tissue, Swedish and Reflexology

Renee L. Crockford,

Licensed Massage Therapist, MTI

Graduated from Austin School of Massage at the University of Houston Campus, 1995.

Specialties: Posture Positioning Coach, Body Mechanics, Stretching and Relaxation.

Modalities include: Swedish, Deep Tissue, Sports Massage, Polarity, Hot Stone, Posture Positioning with Egoscue, Pregnancy Massage, and for those who need bodywork but don't like massage, a light touch technique that can be performed with the clothes on.

Cancellation Policy

All services must be guaranteed with your Member Number or major credit card for Guests. Because our technicians reserve their time for your appointment, a **12 hour advance notice** is required for cancellations or rescheduling. If less than 12 hours notice of cancellation is given, the **full fee will be charged** to your Member Number or credit card.

*Schedule your appointment at
the front desk or by calling
713 654 0877*

The Downtown Club at the Met

340 W. Dallas, 6th floor
Houston, TX 77002

The Downtown Club at Houston Center

1100 Caroline
Houston, TX 77002

www.thedowntownclubhouston.com



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MASSAGE Therapy

*Relax,
rejuvenate,
and
recuperate
with a
healing
massage*



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What are some benefits of massage therapy?

Prevent and relieve muscle cramps and spasms

Prevent and relieve muscle soreness

Improve circulation

Hasten healing

Increase joint flexibility

Detoxify body

Reduce tension

Reduce mental fatigue and stress

Promote relaxation

Schedule your massage today!

PRICING AND SESSION OPTIONS

	<i>Member</i>	<i>Guest</i>
<i>Individual 30 minute session</i>	<i>\$46</i>	<i>\$56</i>
<i>Individual 1 hour session</i>	<i>\$70</i>	<i>\$80</i>
<i>Individual 90 minute session</i>	<i>\$100</i>	<i>\$110</i>

Gift Certificates are available for any occasion.

WHAT IS THE FIRST APPOINTMENT LIKE?

Your massage therapist will begin by asking you general health questions. Massage may not be appropriate in certain situations such as fever; certain cardiovascular conditions; contagious or infectious diseases, including any cold or flu; under the influence of drugs or alcohol, including prescription pain medication; recent operations or acute injuries; neuritis; or skin diseases and the first trimester of pregnancy. The primary massage technique will determine your attire. For a full-body Swedish massage most people undress completely, though you may choose to wear whatever makes you feel comfortable. Your massage therapist will give you privacy to undress. During the massage, your body is covered except for the area being worked on. For a sports massage, it is best to wear athletic shorts and/or a sports bra to facilitate stretching techniques. For chair massage clients remain fully clothed.

WHAT SHOULD I DO DURING MY MASSAGE?

Your therapist will adjust your position as needed, otherwise make yourself comfortable and try to relax. Many people close their eyes and relax completely during a session; though others prefer to talk. It's your massage, so do whatever feels natural to you. Do not hesitate to ask questions at any time.

HOW WILL MY MASSAGE FEEL?

The most effective and deepest massage works with the body's natural responses, not against them. Working in the area of an injury or chronic pain may initially cause some discomfort, which usually lessens in the first few minutes. Your massage therapist knows ways to minimize pain, and will work carefully within what feels right to you. Always tell your therapist if you feel any discomfort so he or she can adjust.

HOW WILL I FEEL AFTER MY SESSION?

Most people feel very relaxed. Some experience freedom from long-term aches and pains developed from tension or repetitive activity. After an initial period of feeling slowed down, people often experience increased energy, heightened awareness, and greater productivity, which can last for days. Since toxins are released from your soft tissues during a massage, it is recommended you drink plenty of water afterward.

DESCRIPTION OF SERVICES

SWEDISH MASSAGE: Swedish massage utilizes long, flowing strokes, generally directed toward the heart. The goal of Swedish massage is to promote deep relaxation, release of stress, increased circulation and blood flow.

DEEP TISSUE MASSAGE: Deep tissue massage is a type of massage therapy that focuses on realigning deeper layers of muscles and connective tissue. It is especially helpful for chronically tense and contracted areas such as stiff necks, low back tightness, and sore shoulders. Some of the same strokes are used as Swedish massage, but the movement is slower and the pressure is deeper and concentrated on areas of tension and pain.

SPORTS MASSAGE: Sports massage is a more anatomically specific form of massage that supports fitness and helps reduce the demands that the sport places on the body, shortening recovery time. The therapist may utilize many of the strokes used in Swedish massage, along with myofascial release, trigger point therapy and active-assisted techniques, such as active-assisted broadening and lengthening and proprioceptive neuromuscular facilitation (PNF) stretching.

HOT STONE MASSAGE: Hot stone massage is a massage where the therapist uses smooth, heated stones, either as an extension of their own hands, or by placing them on the body while they massage other parts of the body. The heat can be both deeply relaxing and help warm up tight muscles so the therapist can work more deeply, more quickly.

PRENATAL MASSAGE: Prenatal massage is tailored specifically to the needs of pregnant women. The client is usually positioned on special cushions or on their side with pillows, wedges, or a full-length body pillow for support. It is generally best to wait until after the first trimester of pregnancy to receive prenatal massage.

REFLEXOLOGY: Reflexology is the study, science, and art of using specific touch techniques on reflex maps, resembling a shape of the human body, that are believed to exist on the feet, hands and outer ears. The theory is that by using proper reflexing techniques, irritating chemicals around the nerve endings are broken down, soothing and relaxing nerves, in turn soothing and relaxing the entire body, regions or specific parts of the body