



## MASSAGE THERAPY Rates

### Massage Therapy for \$49\*

**\*Membership initial 60 minute massage for \$49; receive one complimentary 60 minute full-body massage every month; receive unlimited additional massages at membership rates (30% off normal rates) AND receive guest privileges!**

#### Massage Therapy Membership Rates:

	12 Months	6 Months
• 60 minute session	\$59	\$69
• 90 minute session	\$89	\$95
• 120 minutes session	\$129	\$135

#### Regular Massage Rates:

- 30 minutes session \$45
- 60 minutes session \$84
- 90 minutes session \$126
- 120 minutes session \$168

#### Massage Therapy Membership Add-Ons:

- Hot Stone \$20 additional charge per treatment
- Add immediate family members to your membership for an additional \$10 per month (spouse/partner and dependent children). You can share the complimentary massage and they will receive unlimited massages at member rates.



## **MASSAGE THERAPY Membership Benefits**

### **Gift Cards**

With the new SWC Massage gift card, you're not only giving the gift of massage, you're giving the gift of an entire relaxing experience. And now our gift cards are available in any denomination you wish. As a SWC Massage member you'll have the first opportunity to purchase as many of our new gift cards as you'd like-making gift giving easier than ever this year. Starting December 1, 2011, SWC Massage's new gift cards allow you to customize your gift amount, allowing the recipient the freedom to use it towards anything they wish, including massages and retail items.

### **Member Referral Program**

You are our best source of referrals. To show our appreciation, when you introduce a new member to your SWC Massage clinic in the first 30 days of your membership, you'll receive a one-hour complimentary massage session. After your first month of membership, you are eligible to receive a complimentary half-hour upgrade on your massage for each additional referral that becomes a member.

### **Guest Visitation Privileges**

Share the experience of SWC Massage with a friend or family member. As long as your membership is active and current, you may bring in a guest for a massage at the introductory rate. You are welcome to bring in as many new guests as you like, however, you may bring in the same guest no more than once every six months and still receive the introductory rate. A visit is defined as any combination of introductory massage, guest pass, or gift certificate redemption.

### **Paid In Full Wellness Program**

Members who purchase a Paid In Full membership have access to all of their pre-paid massages immediately upon payment in full. These pre-paid massages can be used anytime as long as the membership is current and active.

### **Conveniences of Membership**

Clinic Associates can help you set up an account to pay for additional services, retail items, gift cards or gratuity upon your request. No need to worry about carrying cash or credit cards again.

### **A Great Massage for Every Body**

We do make some special considerations for those guests under the age of 18. Guests age 15 to 17 years old must present written parental / guardian permission prior to a massage session and must be scheduled with a same gender therapist. Guests age 14 years old and under are required

to be accompanied by a parent or guardian at all times and must be scheduled with a same gender therapist.

### **Freezing a SWC Massage Membership**

There may be times when you would like to freeze your membership due to extenuating circumstances, such as extended illness, military leave or temporary relocation. When a membership is frozen, a member may not use his/her membership benefits or accrued pre-paid massages for the duration of the freeze period. A minimum of one membership payment must have been made before a membership is eligible to be frozen. You may freeze your membership for a minimum of 30 days and a maximum of half of your original membership term. Memberships may be unfrozen at any time at least 30 days after the start of the freeze or will automatically recommence on the pre-determined freeze end date. At the end of the membership freeze term, your dues will continue with your next scheduled electronic funds transfer date. Your membership expiration date will be extended by the amount of time that your membership was frozen. Terms, conditions, rules and regulations of the original Membership Agreement continue to apply through the extended membership term. To initiate a freeze, simply complete the Membership Freeze Request Form at your home clinic.

### **Notes About Your Membership**

- A 1-hour session consists of a 50-minute massage and time for consultation and dressing.
- Members are required, per the Membership Agreement, to notify the clinic in writing of any change in credit card or account information on file prior to the next electronic funds transfer (EFT) date. Payment Authorization Forms are available at the front desk from an associate. Members are also required, per the Membership Agreement, to notify the clinic in writing of any change of address.
- You have the entire length of your membership to use your membership services as long as your account is not frozen and in good standing. Any unused services will expire should you elect to cancel or not to renew your membership.
- SWC Massage memberships are non-transferable.
- Membership offerings are auto-renewable. At the end of the initial term of membership, your monthly dues will automatically renew on a month-to-month basis unless you have elected otherwise on the Membership agreement.
- A Family Add-On membership is defined as any immediate family member who resides in the same household. Picture ID or another form of identification is required upon enrollment in a Family Add-On offering to ensure the primary and add-on member reside in the same household.
- SWC Massage is not responsible for lost or stolen articles or items.
- SWC Massage reserves the right to change clinic rules, regulations, and pricing at any time upon providing reasonable notice.
- You agree to follow clinic rules and regulations. We have the right to refuse or discontinue service for any reason.
- SWC Massage provides a Great Massage For Every Body; however, we do make some special considerations for those under the age of 18:
- SWC Massage does not provide massage services to minors under the age of eight (8), unless the parent or guardian provides a physician's note documenting the need for service.

- A parent/guardian of any child under 18 must provide written permission via the SWC Consent to Treat Minor Form prior to the minor receiving either a massage. The form must be signed and dated by the parent/guardian in the presence of a SWC Massage staff member, and the staff member observing the completion of the form must also sign and date the form.
- Children ages 8-14 must be accompanied by a parent/guardian at all times while in the clinic. The parent/guardian must either be seated in the room throughout the entire service session while the minor is receiving his/her service or receiving a service in the same room.
- SWC Massage highly recommends that minors be scheduled with the same gender therapist; however, a parent/guardian may request a different gender through written approval via the Consent to Treat Minor Form. Again, this form must be signed and dated by the parent/guardian in the presence of a SWC Massage staff member.

### **Cancellation during initial term**

- You may cancel your Membership Agreement during the initial term of your membership upon the following conditions:
  - You change your permanent residence to a location more than 25 miles from any SWC Massage clinic. Cancellations must be accompanied by written proof (i.e. driver's license, utility bill, car insurance, etc.)
  - Permanent disability as established with the submission of a letter from your doctor.
  - Once you have been approved for cancellation you will be relieved from making payment for membership dues.

### **Cancellation during auto-renewal term**

- You may cancel your membership upon 30-day advance written notice to the SWC Massage clinic at which your membership originated.

### **Cancellations**

- Please arrive at least ten minutes before your scheduled appointment time in order to ensure a full massage session.
- You may cancel your appointment without charge anytime before the close of business on the business day preceding your appointment.
- Same day cancellations will be charged 50% of the scheduled service price.
- If you do not call to cancel your appointment or do not show up for your scheduled appointment, you will be charged full price for the scheduled service.



## **List of Massage Services**

### **Swedish Massage**

In Swedish massage, the massage therapist performs various strokes that warm up and work the muscle tissue, releasing tension and breaking up muscle "knots" or adhered tissues, called adhesions. Swedish massage promotes relaxation, eases muscle tension and creates other health benefits.

### **Deep Tissue Massage**

Deep tissue massage is a type of massage aimed at the deeper tissue structures of the muscle and skin connective tissue. Deep tissue massage uses many of the same movements and techniques as Swedish massage, but the pressure will generally be more intense. It is also a more focused type of massage, as the therapist works to release chronic muscle tension or knots.

### **Sports Massage**

Sports massage focuses on muscles relevant to the event. For athletes who train continuously, the goal is to enhance endurance, lessen the chance of injury and shorten the time needed to recover from an event. Sports Massage may utilize a variety of techniques such as Swedish massage, trigger point therapy, and hydrotherapy. Prior to an athletic event, Sports Massage may be used with stretching in order to help athletes to loosen, warm and prepare their muscles so that their performance and endurance might be enhanced. Following an athletic event, Sports Massage may be used to relieve pain, prevent stiffness, and return the muscles back to their normal state.

### **Pre- Natal Massage**

Prenatal Massage focuses on the mother-to-be as she goes through the changes due to pregnancy. This is not a replacement for medical care, but rather as an aid in the health and rapid recovery of the mother. Certified therapists will focus treatment on the concerns of each trimester. After the mother has given birth, treatment will assist in restoring the body back to its normal condition. Prenatal massage may also help reduce and/or eliminate excess water retention.

## **Reflexology**

Reflexology is based on the belief that each part of the body is interconnected through the nervous system to the hands and feet. Stimulating specific reflex points in the feet can bring needed nutrients to poorly functioning areas of the body. This can help restore balance throughout the body. According to reflexology by applying pressure to a specific part (the foot is broken up into different points which if stimulated correctly directly correlate to another body system or organ) the body will naturally begin to heal itself.

## **Hot Stone Massage**

Intended to be extremely relaxing, a heated stone massage involves the placement of sanitized, warmed, smooth rocks upon different parts of the body. Treatment is done in conjunction with traditional massage techniques, such as Swedish massage, and the stones may be used with applied pressure during the treatment. Often, stones also are placed--and left for a period of time--on certain body parts such as the spine, hands or belly. Stone massage is a preferred treatment for those looking to relax and relieve stress. However, it also may be beneficial to those who experience muscle tension or have had a muscle-related injury. It's also thought to improve energy flow and circulation through the body, relieve pain and release toxins.