



# Massage Therapy

Consider massage as a way to combat stress, fatigue, and joint and muscle pain, as well as improve your well-being!

The Fitness Center has certified massage therapists on staff who offer several massage techniques including Swedish, Sports, Neuromuscular, Chair, MyoFascial Stretch Therapy and more. There are three Massage Therapy rooms, conveniently located on the 3rd floor in the Women’s Health Center/ Executive Locker Room facility. One of the rooms includes an exterior door, and is designated as a “unisex” massage room.

## POLICIES AND PROCEDURES

- Massage appointments may be scheduled at the Fitness Center reception desk or by calling 713.551.7211.
- You must give at least 24 hours notice when canceling an appointment or you will be charged.
- Clients must check-in at the front desk with the receptionist prior to receiving a massage.
- Clients must pay for their services on or before the time of their appointment. If you have a coupon or gift certificate, you must bring it with you when you check in at the front desk for your appointment.
- Clients must present a payment slip to the therapist when you arrive for your massage.
- Gratuity is not included in the price of the massage.
- Massage packages are valid for six months from the time of purchase.



FEE STRUCTURE	HSF MEMBER	PROGRAM MEMBER
30 Minutes	\$47	\$53
Package of Three (3) 30 Minute Sessions	\$127	\$141
Package of Six (6) 30 Minute Sessions	\$222	\$249
60 Minutes	\$77	\$89
Package of Three (3) 60 Minute Sessions	\$222	\$247
Package of Six (6) 60 Minute Sessions	\$433	\$464
Chair Massage	\$1 per minute (10 minute minimum) <i>Additional time can be bought in 5 min. increments</i>	

Fee Structure – Revised June 2017

\* Massage packages are only transferable to Fitness Center members of the same household