

DOWNTOWN ATHLETIC CLUB

MASSAGE THERAPY

The Downtown Athletic Club offers the following Massage Therapy Treatments:

Thai Massage

A multifaceted bodywork system that includes therapeutic stretching, joint mobilization, rhythmic deep tissue compression, toning of energy lines, acupressure, assisted hatha yoga poses, mindfulness, and loving-kindness meditation.

Swedish Massage

A therapeutic, relaxing massage that employs soft strokes on the more delicate and bony structures of the body, such as the face, hands and feet, and stronger strokes over thickly muscled areas that retain stress, such as the neck and shoulders.

Deep Tissue Massage

An application that uses deep muscle compression and friction along the grain of the muscle that causes the release of both toxins and deeply held patterns of tension.

Trigger Point Massage

A pain relief technique that is used to alleviate muscle spasms and cramping. The careful attention to the amount of pressure makes this massage great for treating aches and pains.

Sports Massage

An application that uses deeper, more penetrating strokes designed specifically for the needs of an athlete or avid exerciser.

Relaxation

Any combination of light, non-invasive strokes, kneading, or energy work used to induce a profound state of physical and emotional relaxation in the client.

Chair Massage

This is a fully clothed massage focusing on the neck and shoulders in a specialized chair designed to relax you.

DAC Licensed Massage Therapists

Cindy Talkington
Kaci Jordan
John Fox

Massage Therapy Prices

Thai Massage (60 min)-----	65
Thai Massage (90 min)-----	85
Massage (30 min)-----	40
Massage (60 min)-----	60
Massage (90 min)-----	80
Chair massage-----	1/minute

