

MASSAGE

at Miramont Lifestyle Fitness

Our Purpose

We Engage, Energize, and Inspire our Members and Team.
We Impact Lives!



MASSAGE



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at Miramont Lifestyle Fitness



MIRAMONT
LIFESTYLE FITNESS

SOUTH LOCATION
901 OAKRIDGE DR.
970.282.1000

NORTH LOCATION
1800 HEATH PKWY.
970.221.5000

**Maximize your relaxation with a
rejuvenating facial after your massage!**

www.miramontlifestyle.com



MIRAMONT
LIFESTYLE FITNESS



Benefits of Massage

- Enhances athletic performance
- Improves circulation
- Reduces blood pressure
- Relieves pain and muscle spasms
- Changes chronic pain patterns
- Improves posture
- Reduces stress
- Increases relaxation
- Improves muscle movement and flexibility
- Promotes peace of mind
- Enhances overall health
- Strengthens immune response
- Fosters faster healing in injuries, relieving pain and swelling while reducing the formation of scar tissue
- Increases energy and stamina
- Helps to remove toxins from your body

What to Expect During Your Massage

- Let your therapist know if you have any health conditions.
- Your therapist will leave the room while you get undressed to your level of comfort. You will lie on the table completely draped in sheets and blankets.
- The therapist will undrape only the area of your body that is being massaged.
- Communication between the client and the therapist is essential to providing the optimal treatment.
- Ask your therapist if you have any questions or comments

Massage Types & Techniques

Most massage treatments involve an integration of techniques based on the unique needs and tension patterns of the individual. All massages are offered with steam packs, which provide deep soothing relaxation for no additional charge.

Swedish • A full body traditional massage, promoting relaxation and overall health.

Normalization of Soft Tissue • An advanced treatment focused massage - deep tissue - promotes postural corrections. Neuromuscular techniques include Trigger Point Therapy and Muscle Energy.

Sports • An invigorating deep tissue massage designed to ease tension and relieve muscle soreness.

Pre-natal • This massage addresses changes in the new mother as well as aids in the bonding process.

Stone Massage • A relaxing experience where warm stones are placed on the body and used as tools to massage and melt away tension and soreness. Cool stones can also be used alone or in combination with the warm stones. Each massage is customized to your comfort level.

Seated Chair • A quick and rejuvenating massage.

Massage therapy is available 7 days a week. Schedule appointments at the front desk.



Rates

Half Hour Massage	\$40
One Hour Massage	\$65
90 Minute Massage	\$85
Chair Massage	\$1 / min.

Massage Packages

Five Half-hour Massages (You Save 10%)	\$180
Five One-hour Massages (You Save 10%)	\$292.50
Five 90 Minute Massages (You Save 10%)	\$382.50

Gratuities/Tips

Gratuities are appreciated but not expected.

Cancellation Policy

Miramont requires at least a 24 hour cancellation of your appointment. If you fail to call or show for your appointment, you will be charged the full amount for your missed service. If a notice is given 12 hours prior to your appointment then only a 50% fee will be charged for the missed service. Cases of extreme emergency will be considered exceptions to this policy.

Non-members are welcome and childcare is available. Gift cards are also available.

