

**River Valley Athletic Club & Spa**  
**Menu of Massage Services**

**Swedish Massage** lowers stress, promotes relaxation and increase circulation. This massage includes long rhythmic, friction, and kneading strokes with deeper work on the back.

**30/60/90 Minute**                      **\$40/\$65/\$95**

**Deep Tissue Massage** helps the body release chronic muscular tension, pain, and improves blood flow to overworked tight muscles. A combination of deep tissue and trigger points techniques are used.

**30/60/90 Minute**                      **\$50/\$75/\$105**

**Sports Massage** is use to achieve maximum relief from overworked muscles. A combination of deep tissue and relaxation strokes are used. This massage focuses on a specific area and additional sessions may be necessary for optimal results.

**30/60/90 Minute**                      **\$40/\$65/\$95**

**LaStone Therapeutic Massage** uses the heated and cool stones to encourage circulation and deep relaxation. Stones are placed on the body, as well as used by the therapist during the massage. The physical and physiology benefits are both scientifically and medically proven.

**60/90 Minute**                              **\$85/\$115**

**Reiki Session** is a gentle powerful Japanese technique for stress reduction that promotes healing by balance the body's energy. Reiki is a non-invasive, holistic, and also works in harmony with standard medical care.

**60 Minute**                                      **\$65**

**Ear Candling** is a gentle way to remove wax and debris from your ear canal. You will feel lighter, your hearing will improve and your will breathe easier.

**\*Linda only**                                      **\$50**

**Gift Certificates Available**

**River Valley Athletic Club & Spa**  
**Massage Therapist's Schedule**

**Monday**                                      **Karen Ziemer**

**Tuesday**                                      **Linda Nobis**

**Wednesday**                                      **Karen Ziemer**

**Thursday**                                      **Linda Nobis**

**Friday**                                      **Linda & Karen alternate**

**Saturday**                                      **Linda & Karen alternate**

**Linda and Karen together have 16 years of experience and look forward to working you.**

*\*Non-members are Welcome at the Spa\**

**For Appointments Call:**

**651.439.7611**

**To contact Linda 612.859.8664**

**To contact Karen 651.270.0387**

**Sales Tax included**

**Payment made to the Therapist**

**Cash/Check accepted**