

GENERAL INFORMATION

HOURS OF OPERATION

Please call for appointment availability.

SERVICE DESK: 707.528.2582



APPOINTMENTS

CONTACT THE SERVICE DESK IN PERSON OR BY PHONE, **707.528.2582**, TO BOOK YOUR APPOINTMENT.

Walk-in appointments are not available. Please reserve your appointment in advance so we can make every detail perfect for you.

PAYMENT

Before your massage begins, please pay for your treatment at the Service Desk. Bring the receipt to your massage therapist.

NON-MEMBERS

Payment is required at time of booking.

CANCELLATION POLICY

Massage appointments not cancelled with 24 hours' notice will be charged in full.

ABOUT OUR THERAPISTS

The Airport Health Club takes pride in the professional training and experience of our staff. Their combined skills allow for a wide spectrum of techniques and styles to address the various needs of our clients.

Our staff appreciates your time and will listen to your requests. Our goal is for you to be comfortable and we try to look after every detail for you. Our therapists will use their intuition and communication to offer you the best massage possible, and we depend on our clients to communicate their needs.



DEPARTMENT COORDINATOR

JAMIE HOGAN

PHONE: 707.521.2425

EMAIL: Jamie@airportclub.com



MASSAGE THERAPY

PAIN & PERFORMANCE

CLINIC

Release • Restore • Rebuild

MENU OF SERVICES

Massage can be a vital part of your overall health by allowing for physical, emotional, and spiritual balance. Our most popular massages are the Swedish Massage and the Deep Tissue Massage. A therapist may incorporate a mixture of modalities for your benefit. Our therapists use top of the line natural lotions and oils, however, it is your option to have a treatment done with or without lotions, oils, or aromas.



PAIN & PERFORMANCE CLINIC

The Pain & Performance Clinic also offers a range of Manual Therapy, Integrated Therapy, Chiropractic services and more. Please see the Clinic Brochure or check out our website for more information and pricing.

MASSAGE THERAPY

SWEDISH MASSAGE

A traditional Swedish style to ease tension and muscle stiffness, reduce stress, and promote a sense of overall relaxation.

60 minutes \$88

90 minutes \$124

DEEP TISSUE

Deep tissue massage is used to release chronic muscle tension through direct, deep pressure and slower strokes applied across the grain of the muscle.

60 minutes \$106

90 minutes \$148



THIS IS YOUR TIME, ENJOY! 

SPECIALTY TREATMENTS

WE OFFER A WIDE VARIETY OF THERAPIES FOR YOU TO CHOOSE FROM, PLEASE CONTACT THE MASSAGE COORDINATOR FOR MORE DETAILS ABOUT OUR SPECIALTY TREATMENTS.

REFLEXOLOGY

Massaging specific areas of the foot or sometimes the hand in order to promote healing and relieve stress in other parts of the body.

PREGNANCY MASSAGE

Gentle massage that focuses on the special needs of mothers-to-be such as low back pain and discomfort in the legs and feet. This bodywork is done with the client lying on her side with special cushions for support.

LYMPHATIC MASSAGE

Increases flow of lymph, which helps remove harmful substances from muscle tissue and increases immune function.

MANUAL THERAPY

Please see Pain & Performance Brochure or website for more details.

PLEASE CONTACT THE MASSAGE COORDINATOR FOR QUESTIONS REGARDING PRICING & AVAILABILITY.