

Massage



at Pine Lake

Massage Services

Massage is the best known antidote for stress-related tension and reduces your risk of injury and illness. One hour massages are most common. Undress to your comfort level, your therapist will keep you covered under a sheet, undraping only the area being massaged.

Swedish Massage

A combination of seven categories of strokes designed to increase circulation and ease muscle tension.

Deep Tissue Massage

Techniques that are specifically directed toward the deeper tissue structures of the muscle and connective tissue.

Sports Massage

A massage designed to aid the healing process after a workout or competition to prevent injury to the muscles.

Injury Treatment

Several techniques designed to decrease inflammation and pain of recent or chronic injury.

Massage Rates

Massage Rates:

30 Minute Massage	\$50 Member/\$60 Non-member
45 Minute Massage	\$65 Member/\$75 Non-member
60 Minute Massage	\$80 Member/\$90 Non-member
75 Minute Massage	\$95 Member/\$105 Non-member
90 Minute Massage	\$110 Member/\$120 Non-member

Appointment Information

Please arrive 15 minutes prior to your massage appointment. This will allow you to check in, relax, and enjoy your experience.

Gift Cards

Gift cards are available in all dollar denominations. Packages of 6 massages are also available at a reduced rate. Contact Membership at 425.313.0123 for more information.

Cancellation Policy

If you are unable to keep an appointment, we request a 24-hour notice. Guests who do not honor their appointments or cancel in less than 24 hours may be charged a cancellation fee of half the scheduled service.

Day Care

Kids Club is available for most appointment times. Call for a reservation.

Columbia Athletic Clubs - Pine Lake

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