

Swedish Massage* - 60min/90min - \$100/\$130

Member Rate: \$85/\$115

A lighter massage that gently opens up tight muscles and improves health of the skin. Massage utilizes flowing techniques to open locked muscles and free energy. This treatment will reduce stress, increase circulation, and promote muscle relaxation.

Deep Tissue Massage* - 60min/90min - \$120/\$155

Member Rate: \$105/\$140

A deeper massage that often begins with Swedish massage strokes to warm up the tissues, but also uses deeper pressure at specific anatomic points to open up very tight musculature. The term "deep tissue" refers more to working on deeper layers of muscle and connective tissue.

Aromatherapy* - 60min/90min - \$110/\$140

Member Rate: \$95/\$125

Soothe your body and your senses with this incredibly healing treatment using essential oils. The massage includes a warm sage foot-wrap and combination of Swedish, Deep Tissue and Acupressure techniques.

Prenatal Massage* - 60min - \$115

Member Rate - \$100

A wonderful treatment for the mother-to-be. A gentle technique is used to alleviate the physical discomfort and fatigue related to pregnancy. Prenatal massage improves circulation, diminishes back and hip pain, reduces leg cramps and swollen ankles. Only available after the first trimester.

Couple's Massage* - 60min/90min - \$190/\$250

Member Rate: \$160/\$220

Enjoy a full body massage with a friend or loved one. Two massage therapist will work together in our large and comfortable treatment room. Experience a harmonious and synchronized relaxation together.

Sports Massage* - 60min/90min - \$125/\$160

Member Rate: \$110/\$145

Stretching and Range of Motion used with Deep Tissue & Swedish massage techniques specifically adapted to deal with the effects of intense physical exertion on the body. This treatment is done with a peppermint oil to soothe muscle aches and pain.

Thai Yoga Bodywork - 60min/90min - \$110/\$140

Member Rate: \$85/\$125

This Thai therapy combines passive yoga stretches, massage, and acupressure to increase range of motion and help the body return to a state of balance. Stretching movements and pressure point work results in a relaxing yet revitalizing treatment.

Reflexology* - 30min - \$55

Member Rate: \$40

Balance your entire system with this ancient treatment. Reflexology is a science that deals with the principle that there are reflex areas in the feet, which correspond to all of the glands, organs and body systems. Relieves muscle tension, improves flexibility and assists in injury recovery.

Facials

Express Mini Facial* - 30min - \$55/ Mem: \$40

A quick pick up. Achieves maximum results in minimum time includes cleansing, exfoliation, customized mask, toning and moisturizing, for those with a busy lifestyle. (No Extractions)

Rejuvenating Facial* - 60min - \$100/ Mem: \$85

An excellent regimen for any type skin, it clarifies, hydrates and restores healthy beautiful complexion. Includes professional skin analysis, cleanse, exfoliation along with a facial massage and a customized mask. (Extractions optional)

Deep Pore Cleansing* - 60min - \$110/ Mem: \$95

This facial is for major concerns of congested, oily, blemish and Acne prone skin. Helps target current blemishes while helping to prevent breakout activity. (Includes Extractions)

Anti Aging Facial* - 60 min - \$115/ Mem: \$100

This special anti-aging facial treats the face, neck and décolletage. Includes a supersonic exfoliation to stimulate blood circulation, produces new collagen, slow signs of aging and delivers skin repairing vitamins to improve skin elasticity, tone and texture.

Gentleman's Facial* - 60 min - \$110/ Mem: \$95

Excellent skin treatment includes skin analysis, deep cleansing, exfoliation, extractions and customized face mask for hydration. Followed by a stress relieving massage of face, neck and shoulders.

Back Facial* - 30min - \$55/ Mem: \$40

The hard to reach and often neglected back is treated to a deep pore cleansing, exfoliation, steam, extractions, mask and moisturizer. Show off your back!

Spa Multi-Packs

Massage 10 Packs

	<u>Non-Mem</u>	<u>Members</u>		<u>Non-Mem</u>	<u>Members</u>
Swedish (60)	\$900	\$750	Anti Aging Facial	\$1050	\$900
(90)	\$1200	\$1050	Rejuv. Facial	\$900	\$750

Massage 3 Packs

Deep Tissue (60)	\$1000	\$850	Intro Swedish (60)	\$225 (First time clients only)	
Aromatherapy (60)	\$1100	\$950		<u>Non-Mem</u>	<u>Members</u>
(90)	\$1300	\$1150	Prenatal (60)	\$315	\$270

Treatment Enhancements \$15

Added Indulgences (included in the time of your treatment)

Eye lift: (Add to facials only) Firm and tone the delicate skin around the eyes and lift the brows, while reducing puffiness and dark circles.

Scalp massage: (Add to massage or facial)

Rejuvenating Hand Treatment: (Add to facials only) This moisturizing and healing hand treatment includes exfoliation, deep hydration and massage.

Organic Body Scrub* 30min-\$70 / Mem: \$60

Your choice of Lavender, Peppermint, Oatmeal, Chocolate or Brown Sugar (can be combined). Experience the special treatment of natural refined sea salts and essential oils, blended together for the ultimate body exfoliation. Body Scrubs help remove dead cells, impurities, and sebum thus speeding cell renewal and allowing smooth new skin to shine. After scrubbing or exfoliation, it is easier for skin to absorb moisturizers and other skin treatments.

Add a massage to your body scrub! Improves blood circulation, energy flow and release tension.

		<u>Mem. Rate</u>
30 Minute massage add-on:	\$55	\$40
60 Minute massage add-on:	\$90	\$85
90 Minute massage add-on:	\$120	\$105

Waxing Options

	<u>Single</u>	<u>5-Pack</u>
Brow clean	\$25	\$105
Brow Shape	\$35	\$150
Full arms	\$45	\$190
Half arms	\$25	\$105
Under arms	\$15	\$65
Lip or chin	\$10	\$45
Full Face	\$40	\$170
Bikini	\$40	\$170
Partial Brazilian	\$50	\$210
Full Brazilian	\$65	\$275
Full Legs	\$60	\$255
Half Legs	\$35	\$150
Upper leg w/Bikini	\$50	\$210
Back	\$65+	\$275+
Chest	\$65+	\$275+

Relax...

Rejuvenate...

Restore...

TCR *Spa*

TCR Spa Packages

TCR Energizer

60 min. Swedish massage
60 min. Rejuvenating facial
2hrs

<u>Non-Mem</u>	<u>Members</u>
\$185	\$160

TCR Head to Toe

Scalp massage
60 min. Swedish massage
30 min. Reflexology
1hr 45min

\$155	\$130
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TCR Refresher

30 min. Lavender Scrub
60 min. Rejuvenating facial
30 min. Swedish Massage
Hot Herbal Face Wrap
2hrs 15min

\$205	\$180
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The TCR Goddess

90 min Swedish
60min Facial
Brow Shaping
30min Reflexology
3 Hrs

\$280	\$240
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Appointments

Please arrive 15 minutes early to allow enough time to check in and receive your full service. Luxurious steam, sauna and showers included in all services.

Cancellation Policy

Full payment must be received to book a service. With more than 24 hours notice, a service may be re-scheduled or kept on account as a service. Cancellation with less than 24 hours notice will result in full loss of service fee. No refunds.

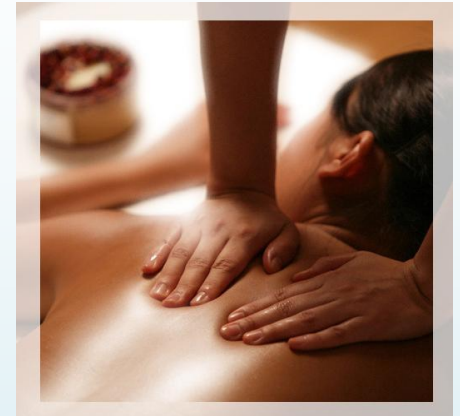
Gratuities

18 % to 20 % is appreciated

* All clients must have reached their 16th birthday

Spa Services

2012



**Massage Therapy
Body Treatments
Facial Treatments
Body Waxing**

TCR

The Club of Riverdale
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HOURS

Monday: Closed
Tues - Thurs: 10:00AM - 9:00PM
Friday & Saturday: 10:00AM - 8:00PM
Sunday: 10:00AM - 4:00PM