

# Massage

## FAQ

### How Do I Schedule an Appointment?

Contact 121 Fitness. We can usually get you an appointment within 24 hours.

### Where do I go for my Appointment?

Please arrive 15-20 min. prior to your appointment. Locker rooms are in the lobby area and there is a restroom on the 2nd floor, near the massage room. You can change/undress in the massage room.

### What Should I Wear?

You will change in the massage room before your session. You will be asked to cover yourself with a sheet before the therapist enters the room. What you wear under the sheet is your choice. Please wear comfortable clothing for your Thai massage.

### Do I Tip the Therapist?

Gratuities are not included in the price of the massage service. You will pay at the front desk after the service. If you wish to show your appreciation, you may tip the therapist or leave the tip with the front desk attendant. The industry average is 15-20% of the service fee.

### What is the Cancellation Policy?

Your therapist is coming specifically for your appointment. Therefore, there is a minimum 12-hour cancellation policy to avoid a 50% charge for the service. No-shows will be assessed the full value of the service. Cancellations must be made by phone during business hours.

# 1·2·1 Fitness

## Sunless Tanning

Get a beautiful, sunless, flawless, golden bronze tan that will last for 7-10 days in only 10 minutes!

Our Bronze Biologic Tanning system uses 100% natural ingredients and is made exclusively in America.

Keep your skin looking young and healthy!



### 121 Fitness Center

2130 Adelbert Rd.  
Cleveland, OH 44106  
<http://onetoone.case.edu>  
M-F 5:30am to 12:30am  
Sat/Sun: 8am to 10pm

Phone: 216-368-1121  
Fax: 216-368-5127  
E-mail: [onetoone@case.edu](mailto:onetoone@case.edu)

# 1·2·1 Fitness

## Massage



*Relax.  
Rejuvenate.  
Experience Tranquility.*



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# Benefits

Massage provides relief to people of all ages and lifestyles, whether you are a competitive athlete, regular exerciser, beginner, weekend gardener, full-time parent, over-stressed executive or anyone in between.

## 121 Member Massage:

Improve your workout and your outlook. Massage is not just a luxury; it is an important component of your fitness program! Massage, coupled with your exercise routine, can:

- Shorten your recovery time between workouts
- Reduce your chance of injury
- Improve your range of motion and muscle flexibility
- Improve power and performance
- Maximize the supply of nutrients and oxygen through increased blood flow

## Non-Member Massage:

Non-members can also enjoy this service! Regular massage therapy reduces pain, improves circulation, increases immune efficiency; enhances focus and emotional balance, and improves appearance. Full use of the fitness center and locker rooms (including showers, amenities and dry sauna) is **complimentary** for non-members scheduled for a massage.



# Massage Menu

Student Rates Available!

## Relaxation Massage

<u>Single Sessions</u>	<u>Member</u>	<u>Public</u>
30-min	\$ 40	\$ 45
60-min	\$ 70	\$ 75
90-min	\$100	\$105

## 30-min Packs

	<u>Member</u>	<u>Public</u>
5 Sessions	\$180	\$203
10 Sessions	\$340	\$383
20 Sessions	\$640	\$720

## 60--min Packs

	<u>Member</u>	<u>Public</u>
5 Sessions	\$315	\$338
10 Sessions	\$595	\$638
20 Sessions	\$1120	\$1200

## Student Member   Student Public

30-minute	\$35	\$38
60-minute	\$60	\$65

\*Discounts on packages available at front desk

## Couples Massage

<u>Couples</u>	<u>Member</u>	<u>Public</u>
60-min	\$140	\$150
90-min	\$200	\$210

*Specialty massage (sports, deep tissue, holistic, etc) are an additional \$15*

# Thai Massage

## What is Thai Massage?

Thai massage, or Ancient Massage, originated over 2,500 years ago. It combines Hatha Yoga, acupressure, shiatsu and reflexology elements. Rhythmic, gentle rocking is used for point pressure muscle stretching and compression.

Thai Massage will benefit you physically and mentally and will harmonize your energy. Thai massage has been said to prevent sickness, improve flexibility, relieve sore muscles and joints, prevent injuries, and detoxify the body. It is a great way to prepare for an athletic event, performance, or any kind of physical or mental test.

## How is Thai Massage done?

Thai massage is performed on the floor with a mat and usually done in silence. Oils are not used and you will stay clothed. Wear something comfortable.



## Thai Massage   Member   Public

60-min	\$90	\$ 95
90-min	\$115	\$120