

## Contact Us

1405 Hunt Club Rd., Gurnee, IL 60031  
847.625.4750  
[www.advocatehealthCentreClubs.com](http://www.advocatehealthCentreClubs.com)

## Hours of Operation

Monday – Thursday: 5 a.m. – 10 p.m.  
Friday: 5 a.m. – 9 p.m.  
Saturday and Sunday: 6 a.m. – 6 p.m.



# Massage Therapy



## Pricing

### 90-Minute Massage

Members: \$111 | Non-Members: \$141

### 60-Minute Massage

Members: \$70 | Non-Members: \$85

### 30-Minute Massage

Members: \$48 | Non-Members: \$63

Reservations are taken a minimum of 24 hours in advance at the front desk or by calling 847.625.4750.

### Cancellation Policy

We ask that you provide us with 24 hours notice of cancellation for any appointments. We reserve the right to charge for any appointments that are missed without notice.

## Meet Our Massage Therapist



### Jan Rasmussen

Deep Tissue  
Geriatric  
Joint Mobilization  
Positional Release  
Prenatal  
Pressure Sensitivity  
Rehabilitation  
Spinal Synergy  
Swedish  
Trigger Point

## Schedule

### Monday

9:45 – 11:45 a.m.

### Wednesday

10:30 a.m. – 1 p.m.

### Saturday

8 – 10:30 a.m.

## Preparing for Your Massage

- Stay hydrated and eat lightly before your massage.
- Take a hot shower.
- Silence your phone, if you have it with you.
- Arrive fifteen minutes early to allow time for check-in at the front desk and to fill out an updated health intake form. Your appointment begins at the scheduled time.
- Your therapist will meet you at our Wellness Treatment Room located on the upper level just beyond the front desk.
- Be sure to speak with your therapist about massage pressure, any physical discomfort you may have, or any add-ons you would like for your treatment.

Robes are available upon request.