



## **Massage Therapy at Westborough Country Club**

### **Mission –**

To provide the Members of Westborough with a licensed and professional massage therapist in a relaxing and convenient location. Enable the members of Westborough to thrive with the benefits of massage.

### **Therapist –**

Kelly Andel has been a certified massage therapist since graduating from the Midwest Institute of Massage Therapy in 2006. Kelly has found massage to be very rewarding and life giving. During her years as a massage therapist, she has become skilled at Swedish and Deep Tissue Massage modalities. She has worked alongside a chiropractor where she has learned techniques that assist in the increased mobility of the neck, shoulders and hips.

### **Massage Services Offered –**

Each session is tailored to the unique needs of the client, using a combination of Swedish and Deep Tissue techniques. The Swedish approach has emphasis on relaxation and stress reduction. The Deep Tissue technique has a more anatomical approach, addressing the layers of muscle, movement of the joints, and posture. Both approaches can result in alleviating pain, reducing stress and improving range of motion.

### **Fees-**

- 30 minutes: \$50
- 60 minutes: \$88
- 90 minutes: \$122
- 120 minutes: \$173

### **Packages offered:**

- Purchase **three sixty-minute sessions** for \$248 (savings of \$16)
- Purchase **six sixty-minute sessions** for \$460 (savings of \$68)
- Purchase **three ninety-minute sessions** for \$344 (savings of \$22)
- Purchase **six ninety-minute sessions** for \$686 (savings of \$46)

Add CBD oil to any massage for an extra \$20

**Massage a Month Special**-12 massages (one per month!) \$900 Get eleven 60-minute massages and one 90-minute massage with CBD oil. Treat yourself or someone special to the healing power of massage once a month! This makes for a great gift!

### **How do I schedule my first appointment?**

Simply call or text Kelly at 314- 255- 5056 or email at [kellyandel33@gmail.com](mailto:kellyandel33@gmail.com) The massage therapist is available by appointment only and twenty-four-hour advance notice is appreciated.

Guests of members are welcome (guest service fee is applied).

### **The times available for massage are:**

Kelly has availability at the club a minimum of five days a week, morning, evening and weekend hours. She is committed to working with your schedule and finding the best available time for your massage.

### **\*\*Cancellations –**

As a respect to our therapists and fellow members, we do request a **24- hour cancellation notice**. Cancellations made with less than a **24- hour** notice will be assessed a \$25 cancellation fee. To cancel your appointment, email Kelly at [kellyandel33@gmail.com](mailto:kellyandel33@gmail.com) or call or text her at 314-255-5056.

### **\*\*Gift Certificates –**

Gift Certificates are available for all massage services. Please inquire at the service desk for more information.

### **\*\*Gratuities –**

Gratuities are optional. If you feel that your therapist has done an outstanding job, the option to tip her is personal.

**314-255-5056 or [kellyandel33@gmail.com](mailto:kellyandel33@gmail.com) or [fitness@westboroughcc.com](mailto:fitness@westboroughcc.com)**