

### Massage Services

Huntley & Crystal Lake



#### Bridge Massage

Our signature massage customized to fit your body's needs-Swedish, sport, deep tissue, trigger-point or any combination of them all. Discuss problematic areas with your therapist to best suit your needs.

30 Minutes	\$28/ \$31.50/ \$35
60 Minutes	\$48/ \$54/ \$60
90 Minutes	\$72/ \$81/ \$90

#### Hot Stone Massage

Smooth Stones are placed on reflex points and along the muscles of the back in this unique and warm massage. A combination of the therapist's hands and heated stones enhances relaxation

60 Minutes	\$76/ \$85.50/ \$90
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### Prenatal Services

Huntley & Crystal Lake

#### Prenatal Massage

*Touch is vital to the mother's physical and emotional well-being as she adapts to her new body image. Regardless of individual circumstances, a pregnant woman's body is challenged, changed and stressed in many ways. Massage gives special attention to the mother-to-be which, in turn, nurtures the new life that grows within her.*

60 Minutes	\$64/ \$72/ \$80
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#### Private Prenatal Massage Workshop

*A licensed massage therapist will teach expecting moms and their coaches how to alleviate muscle tension, stiffness, and back pain before, during and after labor. The techniques learned will help make for an easier labor, quicker recovery, and less postpartum depression*

60 minutes	\$64/ \$72/ \$80
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**Ask about FREE aromatherapy!**

#### Brochure Pricing Format

First Price:	Premiere Member
Second Price:	Classic Member
Third Price:	Community/Non-Member
<b>Example:</b>	<b>\$76/ \$85/ \$90</b>

**Centegra Health Bridge Fitness Center - Crystal Lake**  
 The Bridge Spa  
 200 Congress Parkway  
 Crystal Lake, IL 60014

**Centegra Health Bridge Fitness Center - Huntley**  
 10450 Algonquin Road  
 Huntley, IL 60142

815-444-2900  
[www.healthbridgefitness.com](http://www.healthbridgefitness.com)

# The Bridge Spa



WELL BEYOND EXPECTATION<sup>SM</sup>



We commit to serving with genuine respect, passionate caring and a joyful spirit.

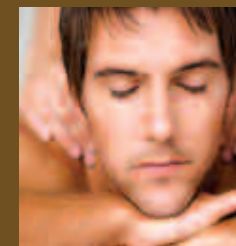
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### What is Massage Therapy?

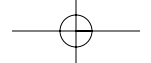
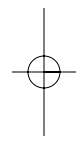
Massage Therapy is a treatment in which the soft tissues of the body are kneaded, rubbed, tapped, and/or stroked. Therapy can be one session or a series of sessions to enhance the progress of overall well-being.

Massage is recognized as a useful non-invasive tool in preventative medicine and can compliment any lifestyle.



### Benefits of Massage Therapy

- Relieves muscle tension and pain
- Lessens mental and physical fatigue
- Minimizes stress and anxiety
- Lowers blood pressure
- Improves flexibility and range of motion
- Enhances immunity
- Exercise and stretch weak, tight or atrophied muscles
- Help athletes of any level prepare for and recover from strenuous workouts
- Promote tissue regeneration, reducing scar tissue and stretch marks
- Improves blood circulation to the muscles resulting in more oxygen and nutrients to these tissues
- Improves mental clarity
- Enhances overall well being
- Promotes deep relaxation and restorative sleep
- Eliminates toxins and metabolic wastes that are built up in muscles
- Helps to relieve Sciatic Pain
- Calms nervous irritability
- Alleviates neck and back pain caused by muscle imbalance and weakness



**Nail Services** *Crystal Lake Only*

**Basic Manicure** \$16/ \$18/ \$20  
**Basic Pedicure** \$28/ \$31.50/ \$35

For basic nail maintenance and the person on the go. Cuticles are softened, nails will be filed and polished with the color of your choice.

**Spa Manicure** \$24/ \$27/ \$30  
**Spa Pedicure** \$36/ \$40.50/ \$45

All the grooming of a basic nail maintenance plus a gentle exfoliating treatment to remove dead skin, a de-stressing massage from your knees to your toes as a nourishing mask smoothes and softens your skin. To finish, your nails will be perfectly polished with your favorite color.

**Polish Change** \$11.20/ \$12.60/ \$14  
 Add French to any manicure or pedicure add \$10 each service

**Waxing Services** *Crystal Lake Only*  
+ price may vary due to amount of hair

**Lip, Chin or Eyebrow**  
 \$11.20/ \$12.60/ \$14

**Underarm**  
 \$16/ \$18/ \$20

**Half Arm**  
 \$20/ \$22.50/ \$25

**Full Arm**  
 \$24/ \$27/ \$30

**Back/Chest**  
 \$36+/ \$40.50+/ \$45+

**Bikini**  
 \$24/ \$27/ \$30

**Full Leg**  
 \$52+/ \$58.50+/ \$65+

**Half Leg**  
 \$32+/ \$36+/ \$40+

**Facial Services** *Crystal Lake Only*

Designed for your exact skin, these customized Bioelements facials start with a personalized skin assessment. Experience deep pore cleansing and thorough exfoliation under steam to sweep away dulling surface cells. Enjoy a de-stressing massage for the face, neck and shoulders. A custom blended moisturizer is applied, followed by a complexion-calming massage. This is a relaxing but serious skin care treatment.

**Corrective Facial** \$60/ \$67/ \$75

**Acne Clearing Treatment Facial** \$64/ \$72/ \$80

**Anti-Aging Facial** \$64/ \$72/ \$80

**Men's Facial** \$60/ \$67.50/ \$75

**Back Treatment** \$60/ \$67.50/ \$75  
**Acne Back Treatment** \$64/ \$72/ \$80

Don't forget about your backside. This customized treatment will cleanse, exfoliate and restore moisture to that hard to reach area. For acne prone backs try our acne clearing back treatment.

**Additional Services**

**Lip Treatment** \$9.60/ \$11.80/ \$12

**Eye Treatment** \$8/ \$9/ \$10

**Spa Packages**

**(5) 30 Minute Massages**  
*Huntley & Crystal Lake*

\$130/ \$150/ \$165

**(5) 60 Minute Massages**  
*Huntley & Crystal Lake*

\$225/ \$250/ \$280

**(5) 90 Minute Massages**  
*Huntley & Crystal Lake*

\$350/ \$390/ \$440

**Lady's Day of Beauty**  
*Crystal Lake Only*

**(1) 60 Minute Massage, (1) Spa Manicure,  
 (1) Spa Pedicure, (1) Corrective Facial**

\$158/ \$178/ \$198

**Prenatal Package**  
*Crystal Lake Only*

**(1) Prenatal Massage and (1) Spa Pedicure**

\$97/ \$108/ \$120

**Special Services****Complimentary Health Bridge Day Pass**

Non-members will receive a day pass to the Health Bridge facility the day of any paid spa service. Take a fitness class, swim a few laps and then relax in our men's & women's steam room or sauna before your message to help release muscle tension.

**Corporate Chair Massage**

A wellness program for which your staff will thank you! Our licensed massage therapist can provide on-site massage for your employees. Contact the spa manager for prices and details.

**Childcare is available while  
 you enjoy your service!**

**To schedule appointment  
 please call 815-444-2900**

- Gratuities are gladly accepted.
- Childcare is available while you enjoy your service.
- Gift Cards available.
- Prices are subject to change without notice.
- Centegra Health Bridge Fitness Center Massage reserves the right to refuse service.
- As a courtesy to all our guests, cancellations must be made 24-hours in advance; failure to do so may result in a 25% cancellation fee.

For more information or to schedule an appointment, please call 815-444-2900.