

## SPA SERVICES

### Massage

Member 1 hour                   \$73  
*\$65 with trainer package*

Member 1 1/2 hour               \$105  
*\$95 with trainer package*

Massage Package of 5           \$350  
*1 hour sessions*

Massage Package of 4           \$400  
*1 1/2 hour sessions*

*An automatic 18% gratuity  
will be added to all services.*

*Non-Members add \$ 15 for any  
of the above services.*

*A \$ 50.00 fee will apply  
to any appointment not canceled  
within 12 hours of scheduled  
appointment time.*

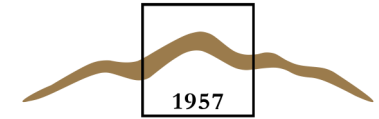
## GAME READY

20—Minute session           \$25  
Package of 5 sessions       \$75  
1 Week *Unlimited* use       \$75



255 Country Club Drive  
San Luis Obispo, CA 93401  
805.544.9880

2022



SAN LUIS OBISPO  
COUNTRY CLUB

## SPA SERVICES

*Spa treatments are to the human body  
what a tune-up is to a car.*

*It provides a physical and mental boost  
to the weary, sore and stressed.*

*— The Chicago Times, April 6, 1995*



For appointments or additional information,  
please call (805) 544-9880

## SPA STAFF

### Jordanne Purnell

Jordanne grew up here on the Central Coast. She is a graduate from the California Holistic Institute and currently works in a Spa in Morro Bay. Her calming demeanor and techniques includes Swedish, Deep Tissue, Hot Stone, Sport Massage and Passive Stretch, along with her intuitive touch, allows her to work on all clientele.

### Felicia Lango

Felicia is a Certified Massage Therapist & Reflexologist and has been practicing massage since 1995. Her work experience has led her to massage positions at Ritz Carlton Half Moon Bay and Tahoe City and she has also worked in Physical Therapy clinics and hospitals as a PT Aide. Her techniques (modalities) include Active Release Technique, Joint Mobilization, Deep Tissue, Foot Reflexology, and Sports Massage. Felicia's goal is to educate and assist others about self-care by teaching clients stretches, self-reflexology and nutrition.

### Marina Watts

Marina has a great background and years of experience in fitness and massage. She has studied Kinesiology at Cal Poly, a Certified Personal Trainer with NASM and trained in Massage at the California Holistic Institute. She has a strong background with Pilates, trained with Balanced Body for mat work and the reformer. She incorporates those skills in developing a comprehensive program that develops optimum results. Marina specializes in deep tissue, rehabilitative and sports massage.

## MASSAGE TREATMENT

### Swedish Massage

This massage consists of long nurturing strokes combined with kneading the muscles. This reduces mental stress, increases circulation of blood and lymph, and gives a feeling of relaxation and well being.

### Hot Stone

This is a relaxing therapeutic whole body massage with warm stones, this heat treatment gives a feeling of deep serenity. The heat flushes out the muscles and can greatly reduce the soreness of overworked muscles and reduces mental stress.

### Reflexology

This massage concentrates on the hands and feet. The therapist targets specific points that simulate nerve endings and trigger points that relax and relieve stress in the feet, as well as the whole body.

### Sports Massage

This massage targets areas specific to the sports or workout you are doing. The therapist relieves sports specific areas of tightness through deep tissue and other techniques.

### Deep Tissue

This massage targets the deeper muscles of the body, ones that cannot be directly penetrated superficially. This massage is great for both acute pain and chronic pain management.

## BENEFITS

### Benefits of Massage

- Helps decrease stress and anxiety.
- Helps athletes of any level prepare for, and recover from workouts.
- Relaxes and softens injured and overused muscles.
- Reduces low-back pain.
- Reduces neck and shoulder tightness.
- Relieves tension headaches.
- Increases flexibility, including feelings of relaxation and well being.

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