


 Mon-Fri: 5 a.m.–8 p.m.
Sat-Sun: 6 a.m.–5 p.m.

 847-625-4750

 1405 Hunt Club Road
Gurnee, IL 60031

 advocatecondellcentreclub.com

 Advocate Condell Medical Center
Centre Club



 Advocate Condell Medical Center
Centre Club



*massage therapy
& reiki healing*

pricing

60-MINUTE MASSAGE

\$63/member; \$78/non-member

30-MINUTE MASSAGE

\$41/member; \$56/non-member

reservations

Reservations are taken a maximum of seven days in advance; minimum of 24 hours in advance at the Front Desk or by calling 847.625.4750.

For cancellations, no fee is charged if notified at least 24 hours in advance of scheduled massage. Full fee will be charged if no notice or less than 24 hours notice is given.

our massage therapists



JAN RASMUSSEN

Deep Tissue
Geriatric
Heated Stone
Pre-Natal
Joint Mobilization
Positional Release
Rehabilitation
Pressure Sensitivity
Spinal Synergy
Swedish
Trigger Point

schedule

MONDAY

• Jan - 8:30-11:00 a.m.

SATURDAY

• Jan - 8:00 a.m.-4:45 p.m.

WEDNESDAY

• Jan - 8:00 a.m.-7:15 p.m.

day of massage tips

- Unless you have need for specific therapy work, a half-hour is not enough time for a massage. You should schedule an hour for a full body massage. Arrive fifteen minutes early to allow time for check-in. Your appointment begins at the scheduled time.
- Check in and pay at the Front Desk.
- The Front Desk attendant will provide you a robe when you check in.
- Take a whirlpool or steam to relax and finish with a shower.
- Dressed in a robe, knock on the Massage Room door at the appointed time. The therapist will greet you.
- Be sure to talk with the therapist about massage pressure or any physical discomfort you may have.
- After your massage, please place all towels and robe in bins located in the locker room.