Blomeyer Massage Club

For anyone who has had a massage, we could all certainly agree that the post-massage feeling is wonderful. Our clients often find themselves saying: “I can’t wait to get another massage!” But when should you book an appointment for another massage? How soon is too soon? Is more frequent better for your body?

If you are a healthy person looking to reduce stress, soothe tight muscles or just want to give yourself an hour of pampering, we would recommend a monthly massage. Monthly massages can have excellent health benefits and can help reduce everyday stress. However, if you’re very active or have a stressful day-to-day, we recommend you visit more often to receive the many benefits you may desire.

For those looking for a massage membership, the Blomeyer Massage Club is designed to provide every Blomeyer massage client with an opportunity to improve their health and wellness through therapeutic massage therapy. The Blomeyer Massage Club is a month-to-month membership that grants each client one massage session per month at a discounted rate. It also provides clients as many additional sessions as desired at the discounted member rate. The payment method is simply handled through auto debit once per month. There is no long-term contract and members can opt out at any time with a 30-day notice.

Questions?

For current information on programs and services, please call 404-727-4600, email blomeyer@emory.edu or visit https://hr.emory.edu/eu/wellness/blomeyer/index.html.
Massage therapy is good for a variety of health-related purposes. It can reduce muscle tension, relieve pain, increase range of motion, enhance exercise performance, rehabilitate sports injuries, reduce stress, increase relaxation and aid general wellness.

There are many types of massage therapy—recover faster between workouts and melt away the stress with massage therapy by choosing the one that’s right for you.

**Choose your massage**

**Swedish massage** — A traditional European-style massage used to promote relaxation, relieve muscle tension and increase circulation. Pressure can vary from very gentle to very deep.

**Sports massage** — A form of massage geared toward individuals in athletics. It is used to enhance performance, to help prevent injuries, and for recovery from workouts and injuries.

**Trigger point therapy** — A trigger point is a tight and tender spot in a muscle that refers pain to other areas of the body. The massage therapist applies sustained pressure (anywhere from 30 to 90 seconds) on these spots to remove the muscle spasm or knot. Pressure can be applied with a thumb, finger, knuckle or elbow, and is increased as the trigger point releases.

**Chair massage** — A chair massage focuses on the high-tension areas of the neck, back, shoulders, arms and hands. It is effective at producing therapeutic results in a brief period of time by concentrating the massage on the areas of greatest tension. Massages are offered here or can be delivered to your office. Help your employees remain more relaxed by ordering a chair massage for your department!

### Session options

<table>
<thead>
<tr>
<th>Session</th>
<th>Massage Club Members</th>
<th>Non-Massage Club Members</th>
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</thead>
<tbody>
<tr>
<td>Chair 30 minutes</td>
<td>$35.00</td>
<td>$50.00</td>
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<tr>
<td>Therapeutic or Swedish Massage 60 minutes</td>
<td>$49.00</td>
<td>$65.00</td>
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<td></td>
<td>90 minutes</td>
<td>$74.00</td>
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<tr>
<td>Deep Tissue or Sport Massage 60 minutes</td>
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<td>$75.00</td>
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<tr>
<td></td>
<td>90 minutes</td>
<td>$89.00</td>
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Prices do not include tax. Payment accepted electronically via credit/debit card or checking/savings account.

*Note: 24-hours advance notice for cancellation. We reserve the right to retain 100 percent of the session fee if notice is not given.*

**Enjoy a massage today**

Appointments are scheduled upon request. To schedule an appointment, please call 404-727-4600.