

september  
massage

at the  
Sabes JCC



## Massage Services & Rates

Services	Member Rate	Non Member Rate
30 min Massage	\$35.00	\$45.00
60 min Massage	\$60.00	\$70.00
90 min Massage	\$80.00	\$90.00
3 Pack of 30 min	\$90.00	\$120.00
3 Pack of 60 min	\$165.00	\$195.00
3 Pack of 90 min	\$225.00	\$255.00

**KERI**

Monday/Wednesday/Friday  
8 AM - 1 PM

Tuesday/Thursday  
1:30 PM - 6:30 PM

**JAMIE**

September 8  
9 AM - 1:30 PM

September 22  
9 AM - 1:30 PM

*For additional time options, Jamie can be contacted at [jalpert@sabesjcc.org](mailto:jalpert@sabesjcc.org).*

[sabesjcc.org](http://sabesjcc.org)

Please note: We understand that sometimes you need to change your schedule. We kindly ask that you give us 24 hours advance notice if you must cancel an appointment. If no notice is given, a \$20 cancellation fee may be charged to your credit card.

**CALL 952-381-3407 TO SCHEDULE AN APPOINTMENT!**



sabes jcc  
minneapolis

# Frequently Asked Questions

## WHAT IS MASSAGE?

Massage therapy is the movement of soft tissues of the body for therapeutic purposes. Massage can have a sedative or energizing effect on the body. The massage therapist may use a combination of techniques depending on what your needs are. Oils and lotions are used to reduce friction and increase the comfort of the techniques.

## HOW DO I MAKE AN APPOINTMENT?

Call or stop by the fitness desk and the desk staff will assist you in finding a time that suits you.  
Fitness Desk: 952-381-3407

## HOW LONG SHOULD I MAKE MY MASSAGE APPOINTMENT?

- 30 minute massage is good for spot specific recovery work and may be done multiply times per week.
- 60 minute massage is most common as you can get to the whole body. In general, the whole body is affected by even the smallest irritant.
- 90 minute massage is used if both of the above issues are being addressed. It is best to consult with your therapist as there are some conditions that need to be approached carefully with increments much like physical training. More is not always better some times it is just more.

## HOW OFTEN DO I GET A MASSAGE?

We all use our bodies every day. Massage does have accumulative effects much like exercise. Once in a while will feel good but will not have lasting effects on what is bothering you. Once a week is recommended if you are working, exercising and taking care of a home.

## WILL A MASSAGE HURT?

That will be dependent on what condition you come in with and how well you communicate during your session. Everyone has different definition of what is pain and what is deep pressure.

## DO I SHOWER BEFORE OR AFTER MY MASSAGE?

YES. Before is requested by your therapist as every one has a scent and not all are welcome or enjoyed. Please pay attention to your feet and personal areas. Ladies remove your make up to avoid staining the sheets. The rooms are small and scents linger. After is a personal choice as the oil or lotion used is natural non fragrant.

## WHAT DO I WEAR TO MY MASSAGE?

Nothing. You are left in private to get on the table under a sheet. Only the body part being worked on is exposed, everything else is covered by a sheet. The therapist will use lotion or oil to glide across your skin.

## WHERE DO I WAIT FOR MY THERAPIST WHEN I COME IN?

Please sit in the foyer outside the massage rooms under the sky lights. There are robes for use after your shower so you will be warm and covered while you wait.

## WHAT TYPE OF MASSAGE DO I ASK FOR?

Leave this to your therapist and you to decide in your session. Every therapist has different training and skill level. Every therapist has different methods of working. If you communicate your comfort level you will get great results.

## MAY I ASK QUESTIONS DURNING MY SESSION?

Yes! The therapist will have some questions about your comfort or cause of the muscle tightness. It is **RECOMMENDED** that you communicate with the therapist **DURING** the session so any discomfort may be corrected immediately.



**Call 952-381-3407 to schedule an appointment today!**