

OC Massage Club

Program A – 1 Hour		Cost	Saving	Monthly Fee
A1	1 Full Body Massage	50.00	5.00	45.00
A2	2 Full Body Massages	100.00	15.00	85.00
A4	4 Full Body Massages	200.00	40.00	160.00
Program B – 1 ½ Hour		Cost	Saving	Monthly Fee
B1	1 Full Body Massage	70.00	7.00	63.00
B2	2 Full Body Massages	140.00	20.00	120.00
B4	4 Full Body Massages	280.00	55.00	225.00

A one hour massage is typically 50 minutes in length; and a one and a half hour massage is typically 80 minutes in length.

Guidelines for OC Massage Club

Monthly fee based on annual prepayment or auto debit and is non-refundable and non-transferable. Massages are to be used within 60 days of auto debit. Cancellation required in writing 30 days prior to next debit.

Gift Certificates

Gift certificates available online at www.ocback.com or visit our office.



WWW.OCBACK.COM



Massage Spa



**OC
NECK & BACK
THERAPY™**

6927 KATELLA AVE.
CYPRESS, CA 90630

888.600.1011



Rejuvenate your body, mind & psyche



Massage has confirmed therapeutic values beyond the relief it provides sore muscles. Massage has been proven to improve circulation, strengthen connective tissue, improve mental alertness, strengthen the immune system, provide more restful sleep, and more. Our professional staff is expert in their craft and many have advanced certifications in specialized techniques. All are committed to make your OC Neck & Back Therapy massage deeply relaxing, therapeutic, and memorable.

Swedish Massage

A classical European massage style using long strokes, kneading and friction techniques that deals with the soft tissue structure of the muscles. It is used to improve circulation, relieve muscle pain and tensions, increase flexibility, induce relaxation and reduce stress.

50 Minutes	50.00
80 Minutes	70.00

Sports Massage

Massage technique for athletes aimed at either preparing the muscles and joints for athletic activity or helping in recovery from the stress and sprain from over-utilization. It is a deep muscle massage often used around the joints and utilizes a variety of strokes and stretches to help obtain maximum performance and physical conditioning with less chance of injury or pain by increasing flexibility. Regular maintenance is recommended for peak performance.

50 Minutes	55.00
80 Minutes	75.00

Deep Tissue Massage

Releases the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas by applying pressure by either following or going across the grain of muscles and tendons. It is called deep tissue because it also focuses on the deeper layers of muscle tissue.

50 Minutes	55.00
80 Minutes	75.00

Hot Stones Massage

A technique that uses smooth, heated basalt stones that are placed on specific acupressure points on the body to help melt away knots and muscle tension. Traditional strokes of Swedish massage are used and the heat from the stones help muscles release more quickly.

80 Minutes	85.00
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Reflexology Massage

An ancient Chinese technique that uses pressure-point massage (usually on the feet but also on the hands and ears) to restore the flow of energy throughout the entire body. Promotes relaxation and healing and is based on the belief that each part of the body is interconnected through the nervous system. Stimulating specific reflex points in the feet can bring needed nutrients to poorly functioning areas of the body and help restore balance.

50 Minutes	50.00
80 Minutes	70.00

Mini Massage

Work stress giving you a headache? Have you been sitting at your desk all day? Come in for a relaxing mini-massage – a quick, enjoyable escape from work day stress!

20 Minutes	30.00
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Cranial-Sacral Massage

A hands-on treatment that releases blockages in the circulation of the cerebral-spinal fluid allowing energy in the spinal column to flow more freely. This therapy uses a combination of gentle pressure and holding techniques on the patient's skull to release tension, restore balance, and to help cure illness in the body.

50 Minutes	55.00
80 Minutes	75.00

Compare and Save on One Hour Massages

OC Neck & Back Therapy.....	50.00
White Sands	100.00
Glen Ivy	110.00
Massage Envy	114.00
Burke William	115.00



What to expect: If this is your first visit, please arrive 15 minutes prior to your treatment so that we can get you checked in with small amount of paperwork and familiar with OC Neck & Back Therapy. Feel free to ask the office coordinator how you should be dressed for treatment. We want to make sure that you are comfortable, so please let us know if you have any questions.

Male and Female therapists are available. Please let our Office Coordinator know of any preference you may have when you book your appointment.

Silence is Golden: Please turn off the ringers on your cell phones and pagers, and speak softly.

Gratuities: Your massage does not include gratuities. If you liked your

massage treatment, it is customary to tip your therapist. Our office coordinator can provide guidelines, if you like.

This is a professional Massage Establishment: Our trained therapist are here solely to help improve your health, body and psyche. If a therapist ever feels that a client is behaving inappropriately, they are authorized to stop the treatment immediately.