



Massage Scheduling

- Available In:
- 30 minute*
- 60 minute
- 90 minute
- 120 minute

**At least 2 consecutive massages must be booked.*

By manipulating specific muscles and utilizing proven techniques, we can help increase your body's blood flow, boost your immune system, normalize metabolic balance and provide unsurpassed relief from tension. You'll feel the effects right down to your soul.



Etiquette

You are welcome to come early to enjoy our entire fitness facility. Upon arrival and check in, feel free to enjoy the sauna, coded whirlpool, swimming pool and all that the club has to offer. A robe and slippers will be provided. Lockers are available for your use. We ask that you ensure they are locked for your security. Please make sure to turn off your cell phone and pagers while in the massage room.

Please advise us of your therapist gender preference and medical conditions including pregnancy at the time of your booking. In the event of inappropriate language or actions, or guest intoxication, therapists may terminate services without refund.

Prices do not include applicable taxes or gratuity.

Hours of Operation

The Plymouth Creek Athletic Club is open the hours listed below. Appointments can be made during the Club hours however, very early and late hours of the clubs open times may not be easy to accommodate you.

- Monday - Friday:
5:30 a.m. until 11:00 p.m.
- Saturday: 7 a.m. until 11:00 p.m.
- Sunday: 8 a.m. until 10:00 p.m.



the *Spa*
at plymouth creek



Plymouth Creek Athletic Club expert massage therapists are skilled at offering soothing treatments that will free your mind and body of tension. You'll walk out a different person, with a renewed vigor and an improved outlook on life.

Prices and policies subject to change at any time.



3131 Campus Drive, Plymouth, MN 55441
763-559-6286 | www.PlymouthCreekAthleticClub.com



At The:
Crowne Plaza Minneapolis West
Hotel & Conference Center

Massage a healing art

Swedish

A classic technique designed to improve circulation and relaxation, by rubbing muscles in the same direction as the flow of blood to the heart.

Aromatherapy

This therapy utilizes scented oils that penetrate the skin and fill the room with a captivating aroma, bringing about a deeper relaxation and a more thorough physical recovery.

Couples

Having a dual massage side-by-side with a friend or significant other is certainly something that will bring back fond memories shared at the "Spa on Plymouth Creek". (Advance notice please. This will enable us to secure two therapists for your session.)



Sports

An innovative treatment that combines therapeutic massage with stretching techniques, focusing on flushing toxins after vigorous exertion. Get ready for a speedy recovery from those exercise induced aches and pains and to get you ready for your next workout.



Hot Stone

An ancient healing treatment in which hot stones are used in harmony with hands-on massage. The warmth from the stones penetrates troublesome muscles, washing away the tension and enhancing blood flow.

Pregnancy

Pregnancy massage therapy is designed to help provide a more comfortable period of time before the mother gives birth to her newborn. It can help give a feeling of wellbeing, health and happiness during those months generally not associated with the word "comfortable."

Shiatsu

Shiatsu massage has been practiced for over 5,000 years. Unlike conventional massage, Shiatsu is given on the floor with the participant fully clothed. Our therapist explains that Shiatsu releases toxins in the body, supports the immune system, promotes relaxation, boosts energy, and provides better range of motion in the joints.

Additional Services

Body Wraps

The body wrap is a great cleansing tool with wrappings to keep the heat in and allow the person to perspire. This treatment is sometimes called a body cocoon or body mask.

Reflexology

These targeted therapeutic foot and hand massages not only provide welcome relief from life's everyday aches and pains, but also brings the body's internal systems back into balance.

Acupressure & Injury Management

Our therapists are well trained in acupressure, having a rich understanding of the body's complex network of pressure points and the know-how to bring about true healing.

Myofascial Release &

Cranio Sacral Therapy

Created for sufferers of chronic neck and back pain, these treatments zero in on the troublesome connective tissues that lead to those debilitating everyday aches.

The Therabath Pro

For tired hands and aching feet, it's hard to match the relief of a paraffin bath with our Therabath Pro. It provides an intensive moisture therapy with a heat that soothes bothersome joints, relaxes stiff muscles and eases arthritis pain - while nourishing and softening the skin at the same time! Ask for details.



Packages & Gift Certificates

We are able to provide package specials. Please contact the Plymouth Creek Athletic Club for more information. Gift certificates are available on-site.

Appointments Required

Please call 763-559-6286 to schedule your appointment. To help us match the right massage therapist to your specific needs, please contact us in advance of your preferred appointment time or stop by the fitness center front desk.

Cancellation Policy

All appointments must be held with a major credit card at time of appointment and paid for in advance with credit card or cash at time of scheduled session. You may also charge to your hotel guest room. ID's are required at check in. All cancellations will be subject to a 25% cancellation fee. Cancellations made with less than 2 hours of appointed time would be subject to no refund.