

HEALTHY EMPLOYEES.

HEALTHY BOTTOM LINE.



HOUSTONIAN *Lite* CORPORATE WELLNESS

MASSAGE MENU

"Classic" Swedish Massage

30min/50min/90min
\$40 / \$75 / \$110

Sports Massage

30min/50min/90min
\$45 / \$80 / \$120

Deep Tissue Massage

30min/50min/90min
\$50 / \$90 / \$130

Aromatherapy Massage

30min/50min/90min
9 oil blends to choose from
\$45 / \$80 / \$120

Hot Towel Treatment available on all table services listed above.

Seated Chair Massage

10 minute minimum
\$1.00 per minute

Non-members: \$10.00 fee added to all table services.

Please allow 24hr cancellation notice on all massage appointments!

Prices and services subject to change.

MASSAGE SERVICES

Houstonian Lite has established a variety of massage services, conducted within our facility, which are available to members and non-members. Corporate chair massage is also available in the convenience of your own location.

Seated Chair Massage | Classic Massage | Deep Tissue Massage | Neuromuscular Therapy | Sports Massage | Aromatherapy Massage

Enhance the body's natural healing ability by releasing stress and increasing circulation, therefore leaving the mind-body-spirit in a state of clarity.

HELP EMPLOYEES BECOME HEALTHIER, HAPPIER AND MORE PRODUCTIVE.

While Houstonian Lite offers incredible fitness facilities within our clubs, we understand the convenience of offering your employees health-related options within their own work environment. As a result, our corporate wellness programs center around our staff visiting your office to educate, instruct and lead fitness initiatives for your employees.

Because the needs of every employer are different, Houstonian Lite can customize a corporate wellness program tailored to your work environment, hours of operation and employee preferences. It's as simple as meeting with one of our corporate wellness professionals to determine the best program for your company.

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HOUSTONIAN LITE HEALTH CLUB
WWW.HOUSTONIANLITE.COM