

RELAX  
*rejuvenate*  
BREATHE  
*refresh*  
ENJOY  
*nourish*  
RENEW



## By Appointment Only

*Schedule at the front desk or by contacting:*

Clayton Durham  
(724) 413-6213  
cdurham715@comcast.net

*Hours available:*

Thursday 8am - 2pm  
Friday 3pm - 9pm  
Saturday 1pm - 5pm  
Sunday 1pm - 3pm

*Child care is available to clients who  
book during our Klds' Zone hours.*

333 Technology Drive, Suite 116  
Canonsburg, PA 15317  
(724) 597-0014  
[www.HealthClubatSouthpointe.com](http://www.HealthClubatSouthpointe.com)



## THE HEALTH CLUB AT SOUTHPOINTE

**Massage Services**





# About the Therapist

Clayton Durham is a Licensed Massage Therapist with over 32 years of experience. He graduated from the Pittsburgh School of Massage Therapy, and he is an active member of the American Massage Therapy Association and the Associated Bodywork and Massage Professionals. Throughout his career, Clayton has been involved in private practice and chiropractic partnerships.

PRICING	
30 Minute	\$45
60 Minute	\$75
90 Minute	\$105
120 Minute	\$150
Massage Ad On	\$10
Gift Certificates Available	

# Massage Modalities

## SWEDISH

Gentle full-body massage ideal for people who are new to massage, have a lot of tension, or are sensitive to touch. This type of massage energizes the body and improve overall health.

## DEEP TISSUE TRIGGER POINT

Deep tissue massage targets the inner layers of your muscles and connective tissue. It is a technique used to treat strains and sports injuries. Trigger point therapy is used on areas with “knots” or adhesions. It helps to achieve better muscle function and relieve pain.

## ACTIVE ISOLATED STRETCHING

Combines a series of short, controlled stretches with intervals of relaxation, overriding your muscles tendency to contract when stretched tight. This type of massage allows the body to repair itself and to prepare for daily activity.

## ORTHOPEDIC

Centers around the tissues and muscles that surround the joints. This type of massage focuses on alleviating pain and easing out any tension in these areas. It works on restoring balance and preventing further injury.

## PREGNANCY

Hands-on prenatal/postnatal massage addresses inflamed nerves by helping to release the tension on nearby muscles. This type of massage can reduce sciatic nerve pain, back pain, joint pain, and swelling. It can also improve circulation.

## LYMPH DRAINAGE

Gentle massage that encourages the movement of lymph fluids around the body. This type of massage focuses on stimulating the lymphatic system, which helps to remove waste and toxins from bodily tissues.