

# Massage & Spa

Support Your Total Wellness

## Details

### Membership

J Massage is open to the community, both members and general public.

### Create Your Massage Account

See a Member Services or Sales representative to create your massage account. Massages will be paid via EFT payment. There is a minimum requirement of one massage per month using a credit card on file. Rates for massages done through EFT payment are \$82 (60 minutes) or \$110 (90 minutes). You may purchase multiple monthly massages at this rate as long as they are part of the EFT payment. Walk-in rates are \$92 (60 minutes) or \$116 (90 minutes) for any massages not included in your monthly withdrawal.

### Before Your Massage

Please arrive at least 15 minutes prior to your scheduled appointment to complete our check-in process. Enjoy a brief steam, sauna, and a shower to rinse off stress. Massage time includes five minutes of preparation and consultation.

### Cancellation Policy

If you need to reschedule, please call the service desk 314.442.3144 at least 24 hours in advance to avoid being charged 100% of the service fee. We cannot accept cancellations by e-mail.

### Included With Your Treatment

Guests who purchase a massage may enjoy a complimentary same-day pass.

## Why You Deserve a Massage:

Relieve stress

Reduce anxiety

Enhance exercise performance

Improve cardiovascular health

Relieve tension headaches

Increase range of motion

Improve sleep

Reduce arthritis pain

Lower blood pressure

Help chronic neck pain

**Book your massage today:  
314.442.3100**



**The J's massage therapists are highly trained and committed to your satisfaction.**

**Each treatment is personalized and often combines massage techniques that encourage and support your total wellness.**

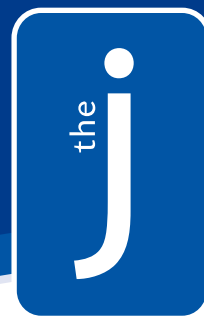


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[jccstl.com](http://jccstl.com)

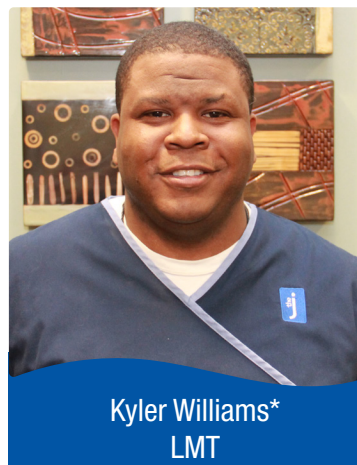


# Meet Our Licensed Massage Therapists



# Massage & Spa

# Pricing



## Deep Tissue

This technique generally involves applying firm pressure and slow strokes to reach deeper layers of muscle and fascia. Often used when a focus is needed on a particular body part or area.

## Myofascial Release

A gentle technique that rebalances the body by releasing tension through slow traction, pressure, positioning, stretching and long strokes.

## Sports

Focuses on muscle systems in relation to a particular sport to assist training, prevent injury and aid in healing. Stimulates muscle mass, improves circulation and flexibility, and prevents injury with rigorous strokes and precision stretching.

## Swedish/Post Workout

This technique incorporates long strokes, kneading and friction on the superficial layers of the muscles, along with active and passive movements of the joints.

## Trigger Point Therapy

Trigger points are areas of tension due to physical, mental, and/or emotional stressors. Focused pressure is applied through a variety of techniques to stimulate and release constricted areas and to help alleviate painful movement patterns.

## Chair Massage

Upper body stress release utilizing Swedish, Deep Tissue, or Trigger Point Therapy. We offer 10-minute or 20-minute options.

## Oncology Massage

This specialized, non-invasive therapy can help manage the symptoms of cancer and side effects of treatment. It uses a light touch along with slow, steady movements, and is intended to help the body relax. Our certified therapists are specifically trained to understand the impact cancer treatment poses and to know what precautions are necessary.

## Therapeutic Massage

	90 Minutes	60 Minutes
Member	\$116	\$92
General Public	\$139	\$110

## Oncology Massage

Member & General Public	\$70
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## Chair Massage

	20 Minutes	10 Minutes
Member & General Public	\$46	\$26

*Prices are subject to change.*

## Book Your Massage

Please call 314.442.3100 to schedule your massage.

Walk-in clients must have a credit card on file, have a massage available on your account, or pay at the time of your reservation.

*\*Oncology Massage Certified*