



The Racquet Club of Philadelphia

Massage Therapy

Experience the city's finest muscle relaxation and rejuvenation at the hands of Club Massage Therapist, Hilary Taub. With almost a decade of experience, Hilary specializes in Deep Tissue and Therapeutic Bodywork, but also offers an assortment of massage services including:

Sports Massage

Perfect for pre or post athletic events and workouts. Affects specific muscles used, sore spots, and aids in muscle preparation and recovery time.

Chair Massage

Performed on a specially designed chair for seated massage where the client remains fully clothed. Great for groups, sporting events, and private parties.

Swedish

Treatment designed to energize the body and relax the mind. A combination of long strokes, kneading, and percussive movements are used to manipulate the soft tissues of the body.

Deep Tissue

Affects the deep sub-layers of muscle and fascia. Similar to a Swedish massage, but with more intense pressure to dissolve deep adhesions within the connective tissue.

Pre-Natal

Swedish massage for the mommy-to-be, utilizing a side-lying position and extra pillows for comfort. Special focus on the legs and lower back to relieve tension.

*During 2nd & 3rd trimester's only



Availability & Rates

| | |
|---------|-------|
| 60 min: | \$85 |
| 75 min: | \$95 |
| 90 min: | \$120 |

*Chair Massage is \$20 per 15 min

| | |
|------------|------------------|
| Monday: | 12PM - 8PM |
| Tuesday: | 12PM - 8PM |
| Wednesday: | Appointment Only |
| Thursday: | 4PM - 8PM |
| Friday: | Appointment Only |
| Sat & Sun: | Appointment Only |

To schedule an appointment, please contact Hilary Taub at 215.264.3293 or hilaryhands@gmail.com.