



## Therapeutic Massage Treatment Plans

The benefits of healing the body through touch are traditional to nearly every culture. Massage provides specific physiological and psychological benefits ranging from treating chronic pain from past injury to alleviating tension from a busy lifestyle.

We believe regular, therapeutic massage should be affordable and accessible and we are eager to assist anyone interested in making a commitment to better health and well-being. Enjoy the convenience of receiving Treatment Plan massage at both The Spa at The Inn at Bay Harbor and Solace Spa at Boyne Mountain. Treatment Plan options offer a savings of up to 50% on regular treatment rates.

**Step 1:** Select a Treatment Plan that best fits your budget and lifestyle.  
(Quarterly - 4x, Intermediate - 8x, or Monthly - 12x per year)

**Step 2:** Reserve your Plan and schedule appointments whenever convenient for you as part of your commitment to great health and well-being.

|            | Quarterly<br>(4 times) | Intermediate<br>(8 times) | Monthly<br>(12 times) |
|------------|------------------------|---------------------------|-----------------------|
| 25 minutes | \$52 each              | \$40 each                 | \$35 each             |
| 50 minutes | \$85 each              | \$68 each                 | \$59 each             |
| 80 minutes | \$112 each             | \$90 each                 | \$75 each             |

Deep Tissue available for extra (\$10 / 25 min, \$15 / 50 min, \$20 / 80 min). A spa service charge of 18% will be added to all services. Treatment Plan services must be scheduled Sunday through Thursday. Plan services are not available on Fridays and Saturdays or during select holiday and blackout periods. Not valid with any additional promotions or discounts.

## Pre-Tax Benefits

In addition to the per treatment savings with a Plan, you may qualify to claim the Plan's cost as a flexible spending account (FSA), health savings account (HSA), or medical savings account (MSA) expense. Our Treatment Plans are designed to qualify for use of pre-tax dollars by those recommended to receive therapeutic massage. Service charges and gratuity not included.

### Here's how:

Based on the federal tax code, a qualified expense has to be primarily for the prevention or alleviation of a physical or mental defect or illness. (Massage for the purpose of stress relief and/or general health is not eligible).

- A) Eligible persons must have a prescription for the Treatment Plan to be considered a qualified medical expense. Talk to your medical practitioner (any healthcare provider who can write a prescription). The prescription makes it medically necessary and should be covered. The prescription should contain three pieces of information:
- term of treatment needed
  - recommended duration of each treatment
  - reason for prescribing the therapies

An example may look like this: Monthly 80 minute massage therapy to treat chronic pain in upper back.

- B) Schedule your appointment. (You won't need to bring your prescription with you).
- C) Arrive for scheduled appointment and let us know you'll need a "medical receipt" before departure. Remember that even though an expense is approved, you could still get audited by the IRS, so keep your written prescription and your FSA/HSA/MSA debit or credit card statement.

Possible reasons for therapeutic massage prescription may include headaches, tension, jaw pain, shoulder pain, elbow pain, wrist pain, hip pain, knee stiffness, neck or back pain, muscle spasm, leg or foot pain, forearm injury, hamstring sprain, etc.

## Call us today to book your Therapeutic Massage Treatment Plan.

Solace Spa at Boyne Mountain | 231.549.7946  
The Spa at The Inn at Bay Harbor | 231.439.4046



Health reimbursement plans and qualifying medical expenses vary. Qualifying medical expenses for these accounts are defined by IRS codes and you are responsible for deciding whether the money you are spending from your account is for a "qualified medical expense." You should familiarize yourself or seek advice from your account administrator about what constitutes "medical care" under IRS codes and to determine if treatments are allowed in your FSA/HSA/MSA plan.