

MEMBERSHIP DISCOUNTS  
(Please Read)

**Note to consumer:**

The listing of the following merchants does not indicate an endorsement of the merchants by Methodist Healthcare System. WomanPlus® and 55PLUS® memberships now entitle members to new, special, free and/or discounted services and benefit programs for their personal use. All members must show their WomanPlus® or 55PLUS® membership identification card in order to access these special discounts.

**IMPORTANT: Please be sure to ask the merchant if they still give discounts to WomanPlus® and 55PLUS® members as merchants may change throughout each year.**

**Note to merchant:**

If you are no longer interested in being a merchant or you wish to become a merchant, please contact Brianna at [brianna.ward@mhshealth.com](mailto:brianna.ward@mhshealth.com), 210-575-0260 (office) or 1-866-947-4107 (fax).

If you wish to become a merchant, please provide the following information via email or fax:

Your name and email address  
Name of your business  
Business address, phone number and website address  
Discount you would like to offer members

Thank you,

*Brianna Ward*

Brianna Ward  
Manager of Membership Services  
Methodist Healthcare

## Restaurants:

Present your WomanPlus® or 55PLUS® membership card to receive the below discounts:

### **Black-Eyed Pea**

(Fredericksburg Rd. & Medical Dr. location)

210-614-3825

Discount: 15% discount on your meal. Does not include alcohol, tax or gratuity.

### **COCO Chocolate Lounge and Bistro**

18402 US Hwy. 281 N, Suite 114

www.sa-coco.com

210-269-7104

Discount: Enjoy 20 % off your entire bill excluding happy hour prices and alcoholic beverages. Cannot be combined with any other offer.

### **Fire Bowl Café**

255 E. Basse Rd.

210-829-0887

www.firebowlcafe.com

Discount: 10% discount off entire bill, excluding alcoholic beverages.

### **Gourmet Burger Grill #1**

18414 US Hwy 281 N. Suite 116

210-545-3800

www.gourmetburgergrill.com

Discount: 10% off order excluding alcoholic beverages

### **Gourmet Burger Grill #2**

11224 Huebner Rd. Suite 206

210-558-9200

www.gourmetburgergrill.com

Discount: 10% off order excluding alcoholic beverages

### **McDonald's®:**

Many McDonald's® locations offer discounts to members. Please ask each location if they offer a discount. Discount varies.

### **Meson European Dining**

5999 De Zavala Rd. Suite 150

210-690-5811

Discount: 20% discount; alcohol excluded. Discount does not apply with any other discount or daily special. For private party, please call for special price.

### **Quiznos**

8129 Fredericksburg Rd.

210-614-5577

Discount: 10% discount

### **Roaring Fork**

1806 NW Loop 1604

San Antonio, TX

210-479-9700

www.roaringfork.com

Discount: 10% off your entire bill excluding happy hour and alcoholic beverages. Cannot be combined with any other offer.

### **Smoothie King #1**

1141 N. Loop 1604 East

San Antonio, TX

210-545-2426

Discount: \$1 off 20oz or larger smoothie

### **Smoothie King #2**

11411 Bandera Rd.

San Antonio, TX

210-684-8800

Discount: \$1 off 20oz or larger smoothie

### **Sushihana Japanese Restaurant**

1810 NW Military Hwy.

210-340-7808

www.sushihanasan.com

Discount: 10% discount off entire bill, excluding alcoholic beverages.

### **Texas Pride Barbecue**

2980 E. Loop 1604

Adkins, TX

210-649-3730 or 1-800-315-0841

Discount: 15% discount on all purchases over \$20.00. Not valid with other discounts.

### **Wildfish Seafood Grille**

1834 NW Loop 1604

San Antonio, TX

210-483-1600

www.wildfishseafoodgrille.com

Discount: 10% off your entire bill excluding happy hour and alcoholic beverages. Cannot be combined with any other offer.

## Health and Beauty:

Present your WomanPlus® or 55PLUS® membership card to receive the below discounts:

### **A Caring Touch — Massage & Reflexology**

8109 Fredericksburg Road  
(Methodist Women's Center)  
210- 575-0261

Discount: Receive a 30-minute reflexology session and a 30-minute massage session for only \$50. Sessions must be scheduled in a one-hour time frame. Full, one-hour appointments available. A hand paraffin dip is only \$5.

### **Abbey's Hair Studio**

999 E. Basse in Alamo Heights  
210-829-5448, [www.abbeyshairstudio.com](http://www.abbeyshairstudio.com)

Discount: 20% off any service

### **BlueBird Auxiliary Hair Salon**

7700 Floyd Curl Drive  
210-575-4034

Discount: 10% discount off services

### **Body Concepts at Sonterra Med Spa**

1202 E. Sonterra Blvd., Suite 303  
210-545-3327

Discount: 10% off any massage service or 15% off any package purchase.

### **Bungalow Organic Spa**

12411 Bandera Rd., Suite 101, Helotes, TX  
210-695-1772

[www.BungalowOrganicSpa.com](http://www.BungalowOrganicSpa.com)

Discount: 10% off all organic spa services including customized massage, microdermabrasions, organic facials, organic manicures and pedicures. Mention that you are a member when booking your appointment.

### **Center for Counseling and Wellness**

8109 Fredericksburg Rd.  
210-575-0507

Discount: Individual, marriage and family counseling is available. Call for a brochure or an appointment.

### **Feldenkrais Classes**

210-344-9874

Discount: \$5 off

### **FYI SPA Specialist/ BeautiControl**

[www.beutipage.com/gbartuch](http://www.beutipage.com/gbartuch)  
[fyispaspecialist@yahoo.com](mailto:fyispaspecialist@yahoo.com)

210-316 - 5693

Complimentary in home 90 minute spa retreat when you make an appointment.

Automatic Hostess gift (\$20 value), earn up to \$100 or more in free product.

### **HIIT2.com- Harrison Smith, Personal Trainer**

210-262-2690

[www.hiit2.com](http://www.hiit2.com)

Discount: 50% off all personal training and up to 25% off all additional services

### **Infant Massage Classes**

210-680-3960

For info on benefits and registration, call Pam DeJesus, RN, certified infant massage instructor.

### **Integrative Healing Institute**

3300 Nacogdoches Rd., Suite 110  
210-967-4400

[www.naturalreflexes.com](http://www.naturalreflexes.com)

10% off massage service (including prenatal and infant massage) or 15% off any massage package.

10% off merchandise (including all natural allergy products and massage supplies).

### **Sante Foods Cooking Classes**

210-684-9581

[www.sante-foods.com](http://www.sante-foods.com)

Discount: Receive \$5 off when you show your membership card.

### **Tai Chi Classes- Chiquita Picardo**

210-653-1866

Discount: For information on classes please contact Chiquita Picardo

### **The Hair Messiah**

7959 Fredericksburg Rd Suite 208

210-614-6600

Discount: 20% discount to cancer survivors, 10% discount to all other others.

**Retail:**

Present your WomanPlus® or 55PLUS® membership card to receive the below discounts:

**Al's Gourmet Nuts**

1-877-822-NUTS

Discount: 10% off all purchases totaling \$25 or more

**Arbonne International**

www.arbonne.com

210-324-2920

Discount: 15% discount off purchase plus free gift with any purchase of \$50 or more

**Avon Products-Rochelle Guajardo**

210-674-1187

Discount: Call for discount details

**Baubles and Beads**

2267 N.W. Military

210-341-8491

Discount: 10% discount on regularly priced items.

**Bellissima, Handbags & Accessories**

210-492-5916

dougjoivan@aol.com

Discount: 10% off purchase price

**Bob Haynes Custom Coach Works**

6 Burwood Lane, Suite 1

210-341-2222

Discount: FREE detail with minimum service of \$250 or more.

**Chic Mama Maternity**

434 N. Loop 1604 W. Ste. 1105

210-545-7217

Discount: %15 off purchase of \$100 or more

**Mary Kay Cosmetics-Shirley Story**

210-649-2629

Discount: 10% off everything.

**Mary Kay**

210-218-9493

www.marykay.com/mmornhineway

Discount: Complimentary facial and hand treatment.

10% discount by mentioning this ad.

**Me and My Book Personalized Children's Books**

3618 Richwood Drive

210-834-6314

www.meandmybooksa.com

Discount: All books are \$14.95. WomenPlus

members receive \$3 discount.

**Me & My Sister Accessories-Monica Byrd**

210-382-8646

Discount: 10% discount

**The Granite Co.**

1818 West Ave

210-385-8883

Discount: Free Rugby® heavy duty, duel bowl stainless steel sink (\$340 value) with installation of 25 sq. feet or more of granite counter tops.

**The Stork's Nest at Methodist Women's Center**

**8109 Fredericksburg Road**

**210-575-0261**

Discount: 10% discount on sales greater than \$50.00. (Cannot be combined with any other offer).

**TWO Senseis, LLC**

10930 Wye St., Suite 108,

210-888-1105

www.roses4them.com

Discount: Two Senseis, LLC imports and home delivers (via UPS) for all continental US Super Premium 24" Roses in bunches of 25 roses each normally priced between \$54.99 and \$94.99 (plus ax, plus shipping), depending on the season of the year. WomanPlus and 55PLUS members will have a permanent 36% discount, which will bring the price to \$34.99 and \$60.44 accordingly. Enter coupon code "METHODIST"

## Other Services:

Present your WomanPlus® or 55PLUS® membership card to receive the below discounts:

### Acadian On Call

1-800-259-1234

Discount: Members qualify for a discounted rate with one time installation fee. When you call, be sure to mention you are a member to activate service.

### Access Transmission

3255 Thousand Oaks

210-490-4411

Discount: 15% discount on all available services.

### Aeroméxico Sky Team

lcarreon@aeromexico.com

210-824-2549

10% discount for WomanPlus and 55PLUS members

### Assured Towing, Inc.

5122 Leonhardt Rd.

San Antonio, TX

210-280-0053

www.assuredtowing.com

Discount: 10% discount off all services

### Atlas Van Lines/ EDC Moving System

3703 N. Pan Am Expressway

San Antonio, TX

210-227-3491

www.edcmovingsystems.com

Discount: Up to 65% off interstate household moves

### Ballet San Antonio

903 Proton Rd.

210-251-3404

\$5 discount off ticket price

### Belden's Automotive

8825 Fredericksburg

210-690-1100

10% discount.

### Comfort Suites- Stone Oak

1754 N. Loop 1604 E.

San Antonio, TX

210-495-5557

www.choicehotels.com/hotel/txb21

Discount: King non-smoking suite only \$89.99.

Double non-smoking Queen suite only \$99.99.

When calling, please ask for "WomanPlus, 55PLUS or Viva" rate.

### Generations Concierge & Errand Services, Inc.

14439 NW Military Hwy., Suite 108 PMB 475

210-378-7446

www.generationsconcierge.com

Discount: 10% discount off our hourly rate of \$40.

Mileage is included, payment in advance is required.

We accept all major credit cards. Please allow a

minimum of 24 hours advance notice for your

requested services. Open 7 days per week from

7am to 7pm. After hours and holidays available at an

extra charge.

### Defining Elements Website Design

210-745-2688

www.defelements.com

info@defelements.com

Discount: 15% discount off entire bill

### Drums' Lakeview Resort- Lodge and Cabins

872 Ledgerrock Dr., Canyon Lake, TX 78133

830-899-7007

Discount: 10% discount excluding holidays

### Guadalupe Dance Studio

(In Hemisfair Park at the Institute of Mexico)

210- 271-3151

\$5 discount on monthly tuition for children & adult

dance classes in Mexican Folkloric & Spanish

Flamenco.

### Handyman Matters

314 E Nakoma Ste. T

210-545-5888

www.handymanmatters.com

Discount: 10% discount

### Happy Tails Kennel

3527 U.S. Hwy 90 East, Hondo, TX

210-385-4752

10% discount off dog boarding of 3 nights or more.

Grooming and daycare also available.

### Heritage Senior Care, Inc.

12702 Toepperwein, Suite 201-4

210-590-2611

www.heritageseniorcare.net

Discount: half off the first visit of four hours or more

for personal assistance home services including full

house keeping, laundry, cooking, activities of daily

living and transportation to and from appointments

**Long Term Care Insurance Specialist, Diane Dussault**  
210-488-6112  
8608 Willow Wind Dr., Fair Oaks, TX  
Discount: Receive a quote from all the Long Term Care Insurance Companies that offer long term care.

**Mexicana Airlines**  
13750 San Pedro Ave., Suite 800  
210-496-2511  
10% discount on Vacation Travel Plus packages purchased exclusively at the Mexicana Airlines Sales and Ticket Office in San Antonio.

**Mom's House Cleaning**  
210-380-8066  
20% discount on all cleaning services.

**Nicely Trained Dogs - Steven Nicely**  
210-710-8854  
www.nicelytraineddog.com  
Free consultation, 10% discount off of hourly rate for private sessions.

**Oak Hills Medical Center Hotel**  
7401 Wurzbach Rd.  
1-800-468-3507  
Ask for the "Methodist Healthcare System Rate" and receive 20% OFF RACK RATE. Rates are not valid during special events or holidays.

**Payless Home Improvements**  
210-REMODEL  
10% discount on painting services and all home improvements such as additions, sunrooms, roofing and handyman work

**Piano Lessons  
by Marie Loomis, BA, BMu, MMu., Tx Cert.**  
210-826-6880  
\$2.00 per hour discount on piano lessons.

**Rearrangements**  
210-684-2304  
Discount: 20% discount off most organizing services  
Call Debbie Kempler.

**Right at Home — In Home Care & Assistance**  
210-308-9346  
Discount: 5% discount on in-home care and assistance.

**San Antonio Botanical Garden**  
555 Funston at N. New Braunfels  
210-829-5100  
Discount: 10% discount at Garden Gate Gift Shop.

**San Antonio Symphony**  
228 E. Houston Street  
210-554-1000, Ext. 152  
Discount: 10% discount off of all single ticket purchases and 20% off of season ticket packages for the current season. Mention "Karen's" name to receive the discount.

**Steves Homestead**  
509 King William Street  
210-225-5924  
Discount: \$1 discount off admission.

**Yard Cards Galore**  
www.yardcardsgalore.com  
210-352-5477  
Discount: 10% discount and free delivery on a 7 day Yard Card rental

**Walter D. Thorman, Attorney, Board Certified,  
Estate Planning & Probate Law**  
Texas Board of Legal Specialization "San Antonio"  
8918 Tesoro Drive, Suite 500A.  
Discount: Call 210-826-3015 for free one hour initial consultation.