

Massage Therapy

Massage Therapy Schedule

Massage Services

Therapeutic Massage

Experience a form of healing and relaxation that has been around for centuries. Help to strengthen your immune system, improve your posture and increase your joint flexibility and range of motion by scheduling a massage with one of our massage therapists.

Cost:

| | |
|--------------|-------------------|
| Members | 1/2 hour – \$35 |
| | 1 hour – \$60 |
| | 1-1/2 hour – \$85 |
| Non-members* | 1/2 hour – \$45 |
| | 1 hour – \$70 |
| | 1-1/2 hour – \$95 |

Hot Stone Massage

Basalt lava rocks heated to 125 degrees and massaged into the skin for the ultimate relaxation treatment. This massage incorporates the stones with classic massage movements. It is very relaxing and therapeutic.

Cost: \$80/members; \$90/non-members*

MIST

Massage therapist Emily Piercy offers MIST — Myofascial Integrated Structural Technique. This type of massage focuses on loosening the fascial sleeve of the body. Fascia is the connective tissue that surrounds every muscle, bone and organ in the body. MIST helps to realign the body by loosening and lengthening the fascia, and allowing the muscle and bones to move freely along their designated pathways. MIST will be offered as a 10-massage series. Each massage builds on the last one, until every area of

the body is addressed. The length of each session depends of the individual and his or her body.

Cost per session: \$100/members; \$110/non-members*

Reflexology

Focused pressure technique on feet and hands but can include ear and face. It is based on the premise that there are zones that correspond to all parts of the body. Benefits include strengthening immune system and returning to homeostasis for areas of the body.

Cost: (can be added to an hour massage for \$5 off)

| | |
|--------------|-----------------|
| Members | 1/2 hour – \$35 |
| | 1 hour – \$60 |
| Non-members* | 1/2 hour – \$45 |
| | 1 hour – \$70 |

Body Treatments

Hands and Feet (30 min.)

Pamper your hands and feet with a sugar scrub exfoliation, hot parafin moisturizing treatment and a massage.

Cost: \$40/members; \$50/non-members*

Sugar Scrub (1 hr.)

Your body is exfoliated (dry skin removed) with a sugar scrub that will leave your skin glowing and smooth. A light massage with a moisturizing lotion follows. Heat-infused towels and a scalp and face massage also relax your entire body and mind. Choose your own type of aromatherapy for your scrub. A 60-minute treatment.

Cost: \$65/members; \$75/non-members*

Complete Rejuvenation (90 min.)

Enjoy 90 minutes of pure relaxation and enjoyment with a full body scented therapeutic massage paired with a hand and foot treatment

Cost: \$90/members; \$100/non-members*

Add-on Services

Paraffin Treatment

A warm, moisturizing treatment. Good for dry skin and arthritis. Add to any service — hands or feet.

Cost: \$10 for hands or feet, \$15 for both

Cold Stone Massage

Helps relieve sinus pressure, TMJ syndrome, inflammation and redness.

Cost: \$10

Back Detoxifying Treatment

Uses mud from the Dead Sea to freshen the back's skin, removing dead skin cells and toxins from the area. It's a relaxing, yet invigorating treatment.

Cost: \$10

**Non-members receive free use of the Wellness Center at Springbrook on the day of their massage. Enjoy massage services, try the facility and finish the day with a trip to the center's hot tub.*

Complimentary Services:

- Aromatherapy and/or Biofreeze®



Blount Memorial
Wellness Center
Springbrook

220 Associates Blvd.,
Alcoa, TN 37701
865-980-7100

blountmemorial.org/wellness

Cancellations or rescheduling of massage appointments requires a notice prior to 5 p.m. the day before your scheduled service. Appointments not cancelled within this time frame will be subject to a \$20 cancelation fee.

Meet Our Massage Therapists



Emily Piercy, *massage therapy supervisor*

Licensed massage therapist and certified personal trainer

Bachelor's degree, physical education, Maryville College; graduate with advanced certification in myofascial massage, C.O.R.E. (Center of Rehabilitative Education) Massage Institute, Knoxville; additional massage certifications include M.I.S.T. (myofascial integrated structural technique) and AIS (active isolated stretching); American College of Sports Medicine (ACSM)-certified health and fitness specialist



Missy Garland

Licensed massage therapist

Graduated from Tennessee School of Therapeutic Massage, Knoxville with certifications in Swedish, deep tissue, pregnancy and myofascial massage. Graduated from TSTM, Knoxville, with a certification in reflexology. Certified in Healing Touch I and aromatherapy Raindrop technique with Young Living.



Rhonda Ramsey

Licensed massage therapist

Graduate with advanced certification in myofascial massage, C.O.R.E. (Center of Rehabilitative Education) Massage Institute, Knoxville; certified pregnancy massage therapist; additional training in AIS (active isolated stretching)

Massage Packages

Half-hour massage rates:

Members:

Three half-hour massages – \$102

Six half-hour massages – \$198

12 half-hour massages – \$378

Non-members:

Three half-hour massages – \$131

Six half-hour massages – \$254

12 half-hour massages – \$486

One-hour massage rates:

Members:

Three one-hour massages – \$174

Six one-hour massages – \$339

12 one-hour massages – \$648

Non-members:

Three one-hour massages – \$204

Six one-hour massages – \$395

12 one-hour massages – \$756

Blount Memorial Wellness Center at Springbrook

220 Associates Blvd., Alcoa, TN 37701 • 865-980-7100

blountmemorial.org/wellness