

Therapeutic Massage

Therapeutic massage covers a wide range of massages, all of which can help strengthen your immune system, improve posture, increase joint and muscle mobility, and promote general health and well-being. Therapists will customize the massage to each client and his or her needs. This massage can include relaxation, deep tissue, stretching or any number of techniques that are deemed necessary for the client.

Cost: Members – \$45/30 min., \$70/60 min., \$95/90 min.

Non-Members – \$55/30min., \$80/60 min., \$105/90 min.

Meet Our Massage Therapists



Emily Piercy, massage therapy supervisor

Licensed massage therapist and certified personal trainer

Bachelor's degree, physical education, Maryville College; graduated with advanced

certification in myofascial massage from 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; and certified in lymphatic massage



Rhonda Ramsey

Licensed massage therapist

Graduated 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), cupping and Reiki



Randall Shank

Licensed massage therapist

Graduate of Arbor College – School of Massage, Knoxville with a certification in clinical massage therapy; graduate of Dr. Ida Rolf

Institute of Structural Integration, Boulder, CO with certification in Rolf Structural Integration



Julie V. Carabia, LMT, CNMT

Licensed massage therapist, certified NeuroMuscular therapist, Reiki (energy) master

Graduate of Southern Regional Technical College

with diploma in Neuromuscular Massage Therapy; Certified Neuromuscular Massage Therapist (CNMT); additionally Trigger Point Release Therapy and Reiki

Therapeutic Massage Package Rates

Wellness Center Member Rates

30-min. Massage Packages

Three 30-min. massages – \$132
Six 30-min. massages – \$257
12 30-min. massages – \$492

60-min. Massage Packages

Three 60-min. massages – \$205
Six 60-min. massages – \$399
12 60-min. massages – \$765

90-min. Massage Packages

Three 90-min. massages – \$278
Six 90-min. massages – \$542
12 90-min. massages – \$1,038

Non-Member Rates

30-min. Massage Packages

Three 30-min. massages – \$161
Six 30-min. massages – \$314
12 30-min. massages – \$601

60-min. Massage Packages

Three 60-min. massages – \$234
Six 60-min. massages – \$456
12 60-min. massages – \$874

90-min. Massage Packages

Three 90-min. massages – \$307
Six 90-min. massages – \$599
12 90-min. massages – \$1,147

Cancellation Policy

Cancellations or rescheduling of massage appointments requires a notice prior to 5 p.m. the day before your scheduled service.

A \$10 fee will be applied if appointments are canceled outside of this timeframe.

Non-Member Policy

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.



Blount Memorial
Wellness Center

Springbrook

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

blountmemorial.org/wellness

Specialty Massage Services

REFLEXOLOGY

Missy Garland

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

Cost: Members – \$45/30 min., \$70/60 min.

Non-Members – \$55/30 min., \$80/60 min.

CUPPING

Rhonda Ramsey

Cupping therapy uses suction to create space in the tissues to improve blood flow and increase water absorption. Using glass or plastic cups, suction is created, and cups are either moved over skin while gently pulling up or parked for a short time.

Cupping is effectively used for pain, inflammation, scar tissue, adhesions and to relieve muscle tension.

Cost: Members – \$45/30 min.; \$75/60 min.

Non-Members – \$55/30 min.; \$85/60 min.

MANUAL LYMPHATIC DRAINAGE

Missy Garland

Manual lymphatic massage (MLD) is a light-touch massage that enables the body to reabsorb fluids and remove waste and toxins. This massage will help the lymphatic system to aid with swelling (edema), which causes feelings of sluggishness and ache throughout the body. Unlike the circulatory system, the lymphatic system does not have a central pump. MLD aids the body in moving lymph through smooth muscle contractions that guide fluids through the lymphatic system to nodes where they are reabsorbed by the body through the circulatory system.

Cost: Members – \$50/30 min.; \$90/60 min.

Non-Members – \$60/30 min.; \$100/60 min.

ROLFING®

Randall Shank

Rolfing® Structural Integration is a system of soft tissue manipulation and movement education. It often is considered a deep tissue approach; however it works with all layers of the body to ease strain patterns in the entire system. It focuses on long-term alignment and improved function of the body. Rolfing is offered as a series of three to 10 sessions.

Cost: Members – \$115

Non-Members – \$125

MIST

Emily Piercy

MIST (Myofascial Integrated Structural Technique) focuses on the loosening of the fascial sleeve of the body. It helps to realign the body by loosening and lengthening the fascia and allowing the muscles and bones to move freely along their designated pathways. MIST will be offered as a 10-massage series, each session building on the previous one until every area of the body is addressed.

Cost: Members – \$105

Non-Members – \$115

PREGANCY MASSAGE

All therapists

Helps relieve aches and pains in your back, neck and legs, as well as full-body aches during all stages of pregnancy.

Cost: Members – \$70

Non-Members – \$80

NEURO MUSCULAR THERAPY

Julie Carabia

NeuroMuscular therapy (NMT) is a precise, thorough examination and treatment of the body's soft tissues using regionally oriented protocols. NMT is highly effective for clients who present with chronic pain, and often is successful in reducing or eliminating even longstanding painful conditions. Some of the techniques also can be applied to acute injuries and for post-surgical care. Many help to improve performance in sport or dance and to prevent injuries due to these activities.

Cost: Members – \$80

Non-Members – \$90

REIKI/ENERGY THERAPY

Rhonda Ramsey and Julie Carabia

Reiki is an energy healing technique that promotes relaxation, and reduces stress and anxiety through gentle touch. Reiki practitioners act as a conduit between you and the source of the universal life force energy. The energy flows through the practitioner's hands to you. Energy therapies assist in bringing the person into balance – mind, body and spirit. The person receiving the energy therapy determines the flow, and therefore, subtle energy healing may be received during the massage.

Cost: Members – \$70

Non-Members – \$80

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blountmemorial.org/wellness