

Massage Therapy

Massage Therapy Services



Massage Services

Therapeutic Massage

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

Cost:

30 min.: \$40/members
\$50/non-members*
60 min.: \$65/members
\$75/non-members*
90 min.: \$90/members
\$100/non-members*

Hot Stone Massage – 60 min.

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: \$85/members; \$95/non-members*

Pregnancy Massage – 60 min.

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

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

Add On Services

Cold Stone Facial

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

Cost: \$10

Exfoliation Treatment. A moisturizing sugar scrub for dry skin. Can be applied to back, hands or feet. Add to any treatment.

Cost: \$10 for a single area or \$15 for two areas

Other Services

MIST, Roling, Reflexology and Cupping. See back for details.

Massage Packages Rates

Wellness Center Member Rates

30-min. Massage Packages

Three 30-min. massages – \$117
Six 30-min. massages – \$228
12 30-min. massages – \$438

60-min. Massage Packages

Three 60-min. massages – \$189
Six 60-min. massages – \$369
12 60-min. massages – \$708

90-min. Massage Packages

Three 90-min. massages – \$262
Six 90-min. massages – \$510
12 90-min. massages – \$985

Non-Member Rates

30-min. Massage Packages

Three 30-min. massages – \$146
Six 30-min. massages – \$284
12 30-min. massages – \$546

60-min. Massage Packages

Three 60-min. massages – \$219
Six 60-min. massages – \$425
12 60-min. massages – \$816

90-min. Massage Packages

Three 90-min. massages – \$292
Six 90-min. massages – \$570
12 90-min. massages – \$1,105

Cancellation Policy

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

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

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

MIST

Massage therapist Emily Piercy offers MIST — Myofascial Intergrated 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 on the individual and his or her body.

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



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.

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: Members \$40/30 min.; \$65/60 min.
Non-members* \$50/30 min.; \$75/60 min.



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)

Cupping

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 the 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.



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; additional training in Erik

Dalton Myoskeletal Alignment Techniques, Jim Waslaski Orthopedic Massage, Neil Asher Advanced Trigger Point and David Palmer Chair Massage.

Rolfing®

Rolfing® Structural Integration is a system of soft tissue manipulation and movement education that organizes the whole body in gravity. It is often considered a deep-tissue approach, however, it works with all the layers of the body to ease strain patterns in the entire system. Rolfing® focuses on long-term alignment and improved function of the body via manipulation of the soft tissue, rather than relaxing or targeting stiff or sore muscles via deep-tissue massage. The soft tissue and fascia are treated across the whole body to encourage the body to hold itself in a healthy way, and release areas that might be causing imbalance and referred pain.

Cost: \$110/members; \$120/non-members*

Blount Memorial Wellness Center at Springbrook

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blountmemorial.org/wellness