

# 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.:** \$35/members  
\$45/non-members\*  
**60 min.:** \$60/members  
\$70/non-members\*  
**90 min.:** \$85/members  
\$95/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:** \$80/members; \$90/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:** \$60/members; \$70/non-members\*

#### Body Treatments

##### Complete Rejuvenation – 90 min.

Enjoy 90 minutes of pure relaxation with a back, hand and foot scrub, along with a hot paraffin treatment for both hands and feet. Treatment also includes a full-body massage with a moisturizing lotion and choice of aromatherapy for your enjoyment.

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

#### Hands and Feet – 30 min.

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

**Cost:** \$40/members; \$50/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 Facial

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

**Cost:** \$10

#### Other Services

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

#### Cancelation Policy

Cancelations 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.

## Massage Packages Rates

### Wellness Center Member Rates

#### 30-min. Massage Packages

Three 30-min. massages – \$102  
Six 30-min. massages – \$198  
12 30-min. massages – \$378

#### 60-min. Massage Packages

Three 60-min. massages – \$174  
Six 60-min. massages – \$339  
12 60-min. massages – \$648

#### 90-min. Massage Packages

Three 90-min. massages – \$247  
Six 90-min. massages – \$480  
12 90-min. massages – \$925

### Non-Member Rates

#### 30-min. Massage Packages

Three 30-min. massages – \$131  
Six 30-min. massages – \$254  
12 30-min. massages – \$486

#### 60-min. Massage Packages

Three 60-min. massages – \$204  
Six 60-min. massages – \$395  
12 60-min. massages – \$756

#### 90-min. Massage Packages

Three 90-min. massages – \$277  
Six 90-min. massages – \$540  
12 90-min. massages – \$1,045



**Blount Memorial**  
Wellness Center

Springbrook

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

[blountmemorial.org/wellness](http://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 \$35/30 min.; \$60/60 min.  
Non-members\* \$45/30 min.; \$70/60 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 \$40/30 min.; \$70/60 min.  
Non-members\* \$50/30 min.; \$80/60 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\*

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