## 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:**
- **Members** $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 paraffin moisturizing treatment and a massage.

**Cost:**
- **Members** $40/members; $50/non-members*
- **Non-members**
  - 1/2 hour – $35
  - 1 hour – $60

**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:**
- **Members** $75/members; $85/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:**
- **Members** $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®

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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