

# Massage Therapy

## Massage Therapy Schedule

### Therapeutic Massage

Experience a form of healing and relaxation that has been around for centuries. Experience the art of massage. 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: Cynthia Ward, Rhonda Ramsey and Emily Piercy.

**Make appointments in person or call 865-980-7100.**

#### Cost:

Members	1/2 hour – \$30
	1 hour – \$55
	1-1/2 hour – \$80
Non-members*	1/2 hour – \$40
	1 hour – \$65
	1-1/2 hour – \$90

### Hot Stone Therapy

Basalt lava rocks heated to 125 degrees are massaged into the skin for the ultimate relaxation treatment. This massage incorporates the stones with classic massage movements. It is very relaxing and therapeutic. A 60-minute session.

**Cost:** \$75/members; \$85/non-members\*

### Sugar Scrub Retreat

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:** \$60/members; \$70/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\*

### Add-on Services:

#### Aromatherapy

Enhance your massage experience with the soothing benefits of aromatic liquids extracted from a broad range of natural sources. Aromatherapy is complimentary during massage treatments.

#### 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

#### Biofreeze®

Biofreeze® is a greaseless, stainless, odorless pain-relieving gel. It relieves pain by using cold therapy. This long-lasting deep penetrating pain relief can last up to several hours. Pain-free muscles heal faster. Biofreeze® is complimentary during massage treatments, but also is available for purchase at the front desk.

\*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

[www.blountmemorial.org](http://www.blountmemorial.org)

**Remember, if you need to cancel or reschedule your appointment, our policy is a 24-hour notice. If we do not receive a 24-hour notice, you will be charged for the missed appointment.**

# Meet Our Massage Therapists



## **Emily Piercy**

### ***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



## **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)



## **Cynthia Ward**

### ***Licensed massage therapist***

Bachelor's degree, University of Tennessee, Knoxville; graduate with advanced certification in myofascial massage, C.O.R.E. (Center of Rehabilitative Education) Massage Institute, Knoxville; additional massage certifications include pregnancy, labor and delivery, infant, AIS (active isolated stretching), Swedish and deep tissue

**Blount Memorial Wellness Center at Springbrook**

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