

SUN CITY TEXAS MASSAGE THERAPY

MEET OUR MASSAGE THERAPISTS



Victoria Young

Licensed Massage/Lymphatic
Drainage Therapist
Swedish | Therapeutic
Lymphatic Drainage
(512) 635-2878



Mindy Quian

Licensed Massage Therapist
Swedish | Deep Tissue
Hot Stone
(512) 413-1176



Shawn Perkins

Licensed Massage Therapist
Swedish | Therapeutic
Deep Tissue | Hot Stone
Prenatal | Aromatherapy
(903) 275-2942



Carol Weld

Licensed Massage Therapist
Swedish | Therapeutic
Facial | Rain Drop
Prenatal | Aromatherapy
(713) 402-8784

MASSAGE TECHNIQUES OFFERED

Aromatherapy

is Swedish massage therapy using massage oil or lotion that contain essential oils (highly concentrated plant oils). During an aromatherapy massage, you inhale these essential oil molecules or absorb them through your skin. They are thought to promote beneficial changes in your mind, body, and emotion. Choices include: Eucalyptus, Peppermint, and Lavender.

Deep Tissue

A massage technique that's mainly used to treat chronic pain issues, such as strains and sports injuries. It involves using firm pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues.

Facial Massage

Added to a full body massage is another benefit added to your Swedish massage. This will help increase blood flow and cellular oxygenation and allow for more deliberate and consistent treatment.

Hot Stone

Helps melt away tension, ease muscle stiffness, and increase circulation and metabolism. Hot stones, when coupled with Swedish massage techniques, also help to expand blood vessels, which encourages blood flow throughout the body.

Lymphatic Drainage

is a form of gentle massage that encourages the movement of lymph fluids around the body.

The fluid in the lymphatic system helps remove waste and toxins from the bodily tissues. Some health conditions can cause lymph fluid to build up. Lymphatic drainage massages can benefit people with lymphedema, fibromyalgia, and other conditions.

Prenatal

A stress reducing and nurturing massage for women that are expecting. It is a side-lying massage that relieves many discomforts during pregnancy such as: Backaches, stiffness, leg cramps and edema.

Rain Drop

Combines unique, targeted massage and energy approaches with pure, authentic essential oils. The essential oils are applied to the spine and feet for a deeply harmonizing, rejuvenating, and relaxing experience. They are dispersed in small, rain-like drops about 6 inches above the body. A session is one hour, and the benefits could last up to 1 week.

Swedish

De-Stress and unwind during this full body massage using light to medium pressure. It promotes relaxation, eases muscle tension, enhances circulation and flexibility.

Therapeutic/Custom

A custom experience based on your circumstances. May include deep tissue and/or orthopedic massage techniques. Trigger point therapy, or myofascial release for chronic pain relief.

PRICING

Massages are provided at the
COWAN CREEK FITNESS CENTER
1433 COOL SPRING WAY

30 Minutes

\$40

60 Minutes

\$65

90 Minutes

\$90