

SUN CITY TEXAS FITNESS MASSAGE THERAPY

MASSAGE TECHNIQUES OFFERED

Aromatherapy Massage: This is used for a variety of different reasons, including relaxation, pain management, and improved mood. Massage therapy has been linked to short-term decrease in physical aches and pains and improved mood. Adding an essential oil for an aromatherapy massage can potentially enhance the effects.

Eucalyptus aromatherapy can help relieve minor aches & pains while opening up the airways during allergy season. It also enhances relaxation during massage.

Peppermint aromatherapy has a cooling & refreshing effect on sore muscles. It can also boost focus, clarity and energy. It is also used to provide an invigorating scalp massage.

Lavender aromatherapy is used to relieve headaches and migraine symptoms. It also promotes sleep and relaxation.

Deep Tissue Massage: This is a deeper more intense massage. This technique uses slow, deep guided strokes and firm pressure designed to relieve severe tension and reach below the superficial muscles. Deep Tissue Massage is often recommended for individuals who experience consistent pain and soreness in both large and small muscle groups.

Hot Stone Massage: This is a form of massage therapy that follows the same principles of Swedish Massage with the addition of heated stones, which helps lead to deep relaxation. Adding heat to specific areas on the body enhances the feelings of relaxation and peace. Recommended in particular for individuals suffering from fibromyalgia, arthritis or other chronic pain. The penetrating effects of the heated stones allows the massage to be delivered without excessive pressure.

Swedish Massage: De-stress and unwind during this full body massage using light to medium pressure. It promotes relaxation, eases muscle tension and is excellent for general circulation, flexibility and easing chronic tension. Enhances overall wellness.

Therapeutic Massage: Customized for your circumstances. May include deep tissue and/or orthopedic massage techniques, neuromuscular therapy, trigger point therapy or myofascial release to deal with chronic pain or injuries.

Prenatal Massage: This is a stress reducing and nurturing massage for women that are expecting. It is a side-lying massage that relieves many of the normal discomforts during pregnancy such as backaches, stiff neck, leg cramps, edema, swollen feet and ankles. Extra pillows and cushions are used for the comfort of the client.

MEET OUR MASSAGE THERAPISTS



SHAWN PERKINS: LMT

CELL: 903-275-2942

OFFERING: Swedish Massage, Therapeutic Massage, Prenatal Massage, Deep Tissue Massage, Aromatherapy Massage and Hot Stone Massage



MINDY QIAN: LMT

CELL: 512-413-1176

FOR ONLINE BOOKING:

Suncitymassage.setmore.com

OFFERING: Swedish Massage, Deep Tissue Massage and Hot Stone Massage

PRICES

30 Minutes

\$40

1 Hour

\$65

90 Minutes

\$90

**MASSAGES ARE PROVIDED AT THE
COWAN CREEK FITNESS CENTER,
1433 COOL SPRING WAY.**

