

Mindy Qian, LMT, is our newest massage therapist. To book an appointment with her, please call Mindy directly at 512-413-1176. Book online at suncitymassage.setmore.com as well.

Massages offered by Mindy

Swedish Massage is the most common and best known type of massage. It involves long, fluid strokes of muscles and tissues with pressure that varies from light to medium to firm. This type of massage is considered one of the most relaxing styles. Your massage therapist will adjust the pressure according to your sensitivity and preference.

Deep Tissue Massage 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 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 particularly 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.