Body Massage

Massage therapy brings healing and wellness to your body. In addition to being effective for pain relief, massage is also beneficial as a stress-reducer. There are many different types of massage with different intentions. Swedish massage, for instance, the therapist uses long strokes, kneading, deep circular movements, vibration, and tapping. Sports massage is similar to Swedish massage, adapted specifically to the needs of athletes. Discuss with your therapist ahead of time, issues you may be experiencing to choose the best type of massage for your intended outcome.

Types of Massage

Therapeutic Massage    Swedish Massage    Sports Massage    Hot Stone Massage
Reflexology    Hand and Foot Massage    Paraffin Treatments

Bill Dillard, LMT  S: 423.910.0548  C: 423.774.7944
Paige Bowman  S: 423.910.0548  C: 423.240.7001

Ultimate Facials & Body Wraps

Deep pore Cleansing Facial    Paraffin Hand Treatment with Massage
Bikini Wax    Face Wax    Eye Brow Wax    Lip Wax
Foot Massage: Dipped in paraffin wax, then massaged for total relaxation. Softens your feet and good for circulation!
100% Pure Collagen: Penetrates into the skin using galvanic current.

Shelia Beech, Licensed Aesthetician  S: 423.910.0548  C: 423.309-5153