

WHAT TO EXPECT

You will be greeted by the massage therapist who will perform a brief intake to discuss prior injuries & focus areas pertinent to your current visit. You will be led to the therapy room, given a few instructions, and allowed time to dress down according to your comfort level. During the massage your therapist will check in regularly regarding pressure and areas of focus. After completion of your massage the therapist will leave the room allowing you to redress. Upon exit the therapist will address any questions or concerns you may have and provide recommendations for future therapy.

BENEFITS OF MASSAGE:

- Relieve Stress
- Reduce anxiety & stress related to PTSD symptoms
- Manage low-back pain
- Help fibromyalgia pain
- Reduce muscle tension
- Enhance exercise performance & improve recovery time
- Sleep better
- Ease symptoms of depression
- Reduce pain of osteoarthritis
- Improve balance
- Decrease rheumatoid arthritis pain
- Promotes relaxation
- Reduce heart rate & lower Blood Pressure
- Decrease symptoms of Carpal Tunnel Syndrome
- Help chronic neck and back pain
- Increase range of motion
- Decrease migraine frequency
- Decrease joint pain
- Improve post-surgical healing



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Sessions

\$50 30 MINUTE MASSAGE

The 30 minute session is best suited for clients with time restraints and seeking focus on 1-2 targeted areas. Speak with your therapist and they will assist you with determining the best approach to meet your needs.

\$75 60 MINUTE MASSAGE

The 60 minute session is traditionally suited for a full body massage. Upon the client's request the session can be modified to fit their needs including targeting 2-4 areas in depth. Please tell your therapist how to best serve your needs.

\$100 90 MINUTE MASSAGE

A 90 minute massage provides the client with a full body massage and targeted body work. This is best suited for those clients that need extra attention in several target areas, but do not want to sacrifice receiving therapy for their entire body.

PASS OPTIONS

Frequent clients may take advantage of our hourly pass options. All passes are to be used within the same month that they are purchased.

2 Hour • \$120
3 Hour • \$180

Services

SPORTS MASSAGE

Simultaneously flushing lactic acid build-up from muscle tissue to reduce and prevent exercise injury pain and swelling. Sports massage also includes joint mobilization and assisted stretching to increase flexibility and strength.

SWEDISH

A full body massage utilizing a variety of techniques with varied pressure based upon client's needs. Notable for its rejuvenating effects, Swedish massage serves to promote circulation while stimulating the central nervous and muscular and skeletal system.

DEEP TISSUE

Focused on addressing specific muscular groups and joints or, as a full-body intensive treatment, this massage uses firm pressure to target or prevent repetitive strain and injury by releasing areas of pain and tension.

PREGNANCY (60 OR 90 MIN ONLY)

Specific Swedish massage techniques which often is combined with reflexology. Pregnancy massage also includes circulatory work to address the needs and discomforts of pregnancy. A gentle, nurturing massage that can either target specific areas of pain and tension, or can be applied as a full-body massage.

MASSAGE GUN (30, 60 OR 90 MIN)

MIGRAINE (30 MIN ONLY)

A soothing method of detecting and connecting imbalances in the skull, spine and central nervous system. Utilizing the rhythm of fluids surrounding the brain and spinal cord, realigning muscular tissue of the neck.

BNS (BACK, NECK, SHOULDERS)

Back, Neck and Shoulders- A deep pressure massage treatment focusing on the upper body including the full back, neck and shoulders also encompassing the arms and hands as needed.

INJURY REHAB

A therapeutic approach assisting clients that have experienced an athletic injury, medical procedure, or any injury to the musculature of the body. Utilizing massage techniques specific to the injury will assist in breaking up scar tissue and increasing range of motion. Massage may be contraindicated for some clients and medical clearance may be required.

HOT PACK THERAPY (60 OR 90 MIN ONLY)

Prior to massage moist heat packs are applied along the back, neck, shoulders, thighs and legs to relax the musculature of the body. Moderate pressure is applied to provide a deeply soothing and therapeutic treatment.

CHAIR MASSAGE \$15