



"I just want to relax. Do I really need a clinical massage?"

By Susan Epperly, B.A., L.M.T.I., C.M.T.

Q:

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A:

As graduates of Texas Healing Arts Institute's Clinical Massage Therapy Program, our clinical training influences every massage session that we provide.

Most of our clients first come to see us because they are seeking relief from a specific acute or chronic pain complaint. If this is the case for you, your session will likely begin with Susan or Shane evaluating your posture; finding out about your specific pain complaint; and doing some "detective work" by asking you questions about how & when your pain began, your work & recreation activities, and your health & wellness goals. Then we will address the musculature that seems to be playing a role in your postural dysfunction and pain. Our goals include not only helping you out of any immediate pain crisis you may be experiencing, but also helping you identify and correct any exacerbating circumstances (postural habits, work & recreation activities, sleeping positions, etc.), and developing a uniquely customized maintenance plan.

However, even though our specialty is pain relief through clinical massage therapy, we are also happy to help you improve your athletic performance, increase your flexibility & range of motion, and better manage your stress level. We completely understand that sometimes, you just want to relax.

We have both worked at some of the Austin area's most prestigious spas, including The Lakeway Resort's exquisite San Saba Spa on the beautiful sun-drenched shores of Lake Travis, and the elegant Tower Health Club & Spa at the Downtown Austin Hilton in the heart of the city. Our experiences at these world-class spas have prepared us to provide restorative spa & body treatments and soothing relaxation massages. We realize the immeasurable benefits of deep relaxation, and are happy to help our clients achieve this state.

When you book a "Customized Massage Therapy Session" from our service menu, you will get exactly that: a truly customized massage therapy session that will be carefully tailored to your unique needs.

It is our job to make sure that you get what you need out of your therapeutic massage session, whether you just want to feel good, or you need to feel better!

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