



Just **RELAX**

We Got Your Back

and legs, arms, shoulders, hands, feet

Book a Massage:

- Call, text or email a Massage Therapist to schedule your appointment. You will find a list of our licensed Massage Therapists on the back.
- Choose the type of massage service that fits your needs.
- Stop by the Guest Service Desk to pay for your massage.
- Bring your receipt to The Epic Massage Therapy room near the locker rooms for your scheduled appointment.
- Enjoy!

The Epic
2960 Epic Place
Grand Prairie, TX 75052
Phone: 972-339-3742
JoinTheEpic.com

Swedish

Gentle form of massage using long strokes, kneading, deep circular movements, vibration and tapping to relax and energize.

30 Minutes - **\$40**

60 Minutes - **\$60**

90 Minutes - **\$90**

Trigger Point

Focuses on areas of the tight muscle fibers that form after injuries or overuse.

30 Minutes - **\$45**

60 Minutes - **\$65**

90 Minutes - **\$90**

Deep Tissue

Slower, more forceful strokes to target the deeper layers of muscle and connective tissue. Commonly used to help muscle damage.

30 Minutes - **\$45**

60 Minutes - **\$65**

90 Minutes - **\$90**

Sports

Similar to the Swedish Massage, but targeted more towards athletes. Helps prevent or treat injuries.

30 Minutes - **\$45**

60 Minutes - **\$65**

90 Minutes - **\$90**



Massage Therapists

BARBARA

817-807-8000

Barbiegirl10106@yahoo.com

About Barbara

Licensed Massage Therapist with a mission is to restore the health of my clients and improve their lives through alternative treatment. My mission is to heal, but also to teach my clients a better approach to their own health. It's not enough for me to just improve their health, I want to improve their lives.

I'm a caring and intuitive therapist and have been involved in this practice since 2001. I love empowering clients to understand their bodies and discover the gentle power of the healing arts. As a Massage Therapist, I enjoy being able to bridge the gap between western medicine and the "alternatives," while providing a safe and nurturing atmosphere in which to heal.

Availability: Wednesday 9:00am-2:00pm, Thursday & Friday 9:00am-3:00pm; Sunday 11:00am-6:00pm

IVONNE

972-854-4301

I perez_mt@outlook.com

About Ivonne

Licensed Massage Therapist with over 8 years of experience in Swedish, Trigger Point, Deep Tissue, Sports Massage, stretches, reflexology, and pre-natal. I love what massage therapy can do to help people.

Availability: Monday, Tuesday & Wednesday 10:00am - 6:00pm; Saturday 10:00am - 3:00pm

KEVA

817-668-5382

www.kevamack.com/book

About Keva

Licensed Massage Therapist and Board Certified Holistic Health Practitioner specializes in providing Clinical Massage Therapy for pain, rehabilitation and symptom management. I use Reiki Therapy, Mind Body Medicine and Holistic Spa Services to help clients to manage their stress and improve their overall well-being. When I am not helping clients, I enjoy traveling and spending time with my family.

Availability: Thursday's 3:00pm-9:00pm; Saturday's 9:00am-12:00pm

PATTY

214-502-9383

Pattytorrezlmt@gmail.com

About Patty

Licensed Massage Therapist since 2008. I enjoy helping people feel better. Besides most common massage modalities, such as Swedish, Therapeutic, Reflexology, Hot Stone, Bamboo Massage, Body Wraps & Massage Facials, I am a Certified Pediatric Massage Therapist via Little Kidz Foundation. I hold certifications in Pediatrics Massage for Autism and Oncology as well as NICU all through the same foundation. I will customize your sessions as needed. I look forward to meeting you and your family to aid you in meeting your massage goals.

Availability: Monday & Tuesday 9:00am - 6:00 pm; Friday 9:00am - 12:00pm