



Texas
Massage
Institute



Student Clinic
&
Day Spa

Hours of Operation
Mon.-Thurs. 9:00-9:00 PM
Fri. & Sat. 9:00-4:30 PM

For an appointment call, (817) 838-3800

Also Available:

🌀 Holiday Gift Certificates

🌀 Corporate Events

🌀 Bridal Parties

🌀 Ladies Night Out

🌀 Spa Packages



6301 Airport Freeway
Haltom City
www.TMImassage.com

How To Enhance Your Treatment Experience

- You'll feel more comfortable if you don't eat for two hours before your session.
- Draping will be employed.
- Let your therapist know if you have any medical or physical conditions that might contraindicate certain types of treatment.
- Remove any unnecessary jewelry that could cause scratching or interfere with having a smooth massage.
- If you wear glasses or contact lenses, consider removing them. It may add to your relaxing experience.
- If you're concerned about getting oil on your hair, inform your therapist. You won't want to miss out on a scalp massage!
- Quieting yourself will allow you to tune in to your experience and relax more deeply. Do give your therapist feedback regarding your experience and feel free to ask any questions you'd like.
- Breathe deeply and regularly, stressing your exhalation. Imagine your body becoming heavy and sinking into the table or mat. As the therapist locates areas of tension, consciously allow yourself to breath and relax into those areas.

Sometimes during a massage or other type of treatment emotions will surface. It may be of great benefit to release and work through them if you feel comfortable doing so.

**Massage Therapy
Client's Bill of Rights
And Client Responsibilities**

1. The client understands that he or she will be covered during the session and only the areas that are treated will be uncovered during treatment. The covering may consist of sheets or towels as appropriate for the treatment being provided.
2. The client should expect to be touched in a respectful, caring, gentle, and effectual manner.
3. The client agrees to treat the therapist in a respectful and professional manner at all times.
4. The client agrees to be prepared for the treatment with good personal hygiene.
5. The therapist will explain in general terms the planned procedure for achieving the intent of the session and will answer any and all specific questions the client has.
6. The client understands that their health is a function of their participation and they are responsible for communicating to the therapist during the treatment any pains, questions, concerns and changes in their condition so, that the treatment benefits will be maximized.
7. The client understands that emotional and psychological issues may be stirred-up in the normal course of a massage session and the massage therapist is not a psychologist or able to perform psychological counseling with the client. The therapist is trained to be empathetic, compassionate and supportive in the therapeutic process.
8. The client has the right to terminate the massage at any time for any reason.
9. The client has the right to be informed about the cost of the treatment prior to the treatment.
10. The client can expect total confidentiality with regard to their professional interactions with the therapist; although they are encouraged to share their experiences about massage with anyone.

Massage Therapy

Chair Massage	\$1.00/min.
<i>When you are in a hurry and need a quick fix. A minimum of 10 min. please.</i>	
1 Hour Swedish Massage	\$30.00
<i>A gentle, relaxing full body massage.</i>	
<i>With a graduate student.....</i>	\$40.00
1.5 Hour Swedish Massage	\$60.00
<i>This 80 minute session allows for more focused time on specific areas of tension and stress.</i>	
Deep Tissue Therapy	\$40.00
<i>A form of therapeutic massage which releases tight muscles and eases muscle discomfort and strain.</i>	
<i>1.5 Hour Deep Tissue.....</i>	\$70.00
Specialized Therapeutic Massage	\$45.00
<i>Suffering from extreme pain or increased tension? Experience relief with Trigger Point or Advanced Soft Tissue Techniques.</i>	
Prenatal Massage	\$45.00
<i>Helps reduce the fatigue, headaches, swelling and edema associated with pregnancy, preparing the body for the stresses of labor and delivery.</i>	
Hot Stone Massage	\$55.00
<i>A technique utilizing heated river stones and warmed essential oils to deeply massage the body sending one into a greater state of relaxation.</i>	
Synchronized Massage	\$80.00
<i>The best way to experience two hours of bodywork in only one hour. This service is performed by two massage therapists providing a 1 hour Swedish massage at the same time.</i>	
Aromatherapy add-on to any massage	\$5.00
Couples Massage—available with all 1 hour services price adjustment of \$5.00 additional per person.	

Body Essentials

Moist Hot Pack	\$5.00
<i>A ten minute application of moist heat to the upper back prior to your massage.</i>	
Hand Paraffin Treatment	\$10.00
<i>An application of warmed paraffin.</i>	
Hydro-Latte Foot Bath	\$15.00
<i>Ease your tired toes into this warm, relaxing milk bath. Add this on to any service.</i>	
Calming Milk Bath	\$20.00
<i>Immerse your body and moisturize your skin.</i>	
Sport Bath	\$20.00
<i>Ease your tired body and aching muscles.</i>	
Full Body Dry Loofah	\$30.00
<i>An exfoliating treatment that detoxifies. Followed with an application of moisturizing lotion.</i>	
Salt Glow/Body Polish	\$35.00
<i>Soothe the body and renew the skin with this exfoliating treatment.</i>	
Body Wraps	
<i>All body wraps are designed to nourish, remineralize, detoxify, and/or moisturize the skin. Each treatment is preceded by</i>	
<i>a full body dry loofah and followed with an application of hydrating cream.</i>	
Aloe Wrap	\$40.00
<i>Designed specifically to soothe dry, damaged skin.</i>	
Aroma Wrap	\$40.00
<i>Immerse yourself from head to toe in a warm thermal wrap of essential oils.</i>	
Herbal Detox Body Wrap	\$45.00
<i>A luxurious body treatment that envelopes you with hot oils and steamed towels detoxifying the body as you are wrapped in a thermal "cocoon".</i>	
Chocolate & Cherry Body Wrap	\$45.00
<i>Envelop your senses in this warm application of dark chocolate and cherry cordial.</i>	

Body Essentials

Fangocean Warm Oil and Mud Wrap	\$45.00
<i>Remineralize the body with the application of creamy, volcanic mud. Enjoy a warm shower followed by an application of warmed essential oils.</i>	
Seaweed Body Wrap	\$55.00
<i>Detoxify and remineralize the body with this soothing application of warmed sea mud.</i>	
Parafango Body Wrap	\$60.00
<i>Enjoy this unique blend of Fangocean mud and paraffin. Designed specifically to detoxify and tone the skin. This specialized treatment begins with a skin enriching body polish followed by the application of the Parafango blend and finished with an application of nourishing body milk. The Parafango has been known to provide inch loss results.</i>	
<i>Parafango Cellulite Reduction.....</i>	\$65.00

Facials

Ko-Bi-Do Japanese Stone Facial	\$50.00
<i>This specialized facial is an advanced version of the European Facial. It is performed utilizing distinct hand manipulation techniques to aid in the removal of toxins from the face, firming and toning, and enhancing energy.</i>	
Paraffin Facial	\$40.00
<i>A European Facial with the added benefit of a moisturizing application of paraffin.</i>	
European Facial	\$35.00
<i>An incredibly deep cleansing and toning of the skin, which incorporates the use of both hot and cool stones.</i>	

Alternative Therapy

Foot Reflexology	\$35.00
<i>A method that relaxes the body through the application of steamed towels and pressure to specific areas of the feet that refer to specific organs and body systems.</i>	
Ear Candling	\$35.00
<i>This relaxing technique has been used for ages to remove excess wax and fluids from the ears.</i>	
Polarity Therapy	\$40.00
<i>A form of energy-based bodywork. The purpose is to find the energy blockages and release energy to normal flow patterns.</i>	
Shiatsu	\$45.00
<i>The use of hand pressure and manipulative techniques to balance the body's physical structure and its natural inner energies.</i>	

Spa Packages

Escape	
Hydro-Latte Foot Bath, Euphoria Glow, and Swedish Massage	
2.5 Hours.....Cost \$80.00	
Indulgence	
Hydro Tub Bath, Deep Tissue Massage, Foot Reflexology, and a Chocolate-Mint European Facial	
3 Hours.....Cost \$130.00	
Chocolate Decadence	
Mocha-Latte Foot Bath, Chocolate Body Glow, Chocolate Body Wrap, Hot Stone Massage, and a Chocolate European Facial	
4.5 Hours.....Cost \$185.00	