

Menu of Services

Full Body Massage, 60 or 90 minutes

Swedish massage combined with trigger point work, stretching, reflexology, a touch of energy work, and more customized to meet the specific needs of the client.

\$50 for 60 minutes, \$70 for 90 minutes

Targeted Massage, 30 minutes

Therapeutic massage on a specific area of the body, customized to meet the individual needs of the client. \$30 for 30 minutes

Sauna & Massage, 90 or 120 minutes

Add a 30 minute far infrared sauna session to your 60 or 90 minute massage for an additional \$15.

Sauna Only, 30 minute session

30 minute far infrared sauna session
\$15 per session, ten sessions \$100, monthly unlimited \$125

Monthly Memberships

Individual—One 60 minute massage + one 30 minute sauna session + free yoga & 10% off additional massages and sauna sessions purchased during any calendar month. \$65/month

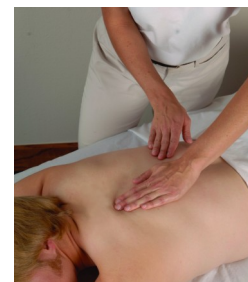
Couple/Family—Two 60 minute massages + two 30 minute sauna session + free yoga & 10% off additional massage and sauna sessions purchased during any calendar month. \$120/month

Memberships billed through Paypal or bankdraft. No contract, cancel anytime. Unused massage/sauna

Superior Performance Wellness Center

Relaxing Massage, Far-Infrared Sauna, Gentle Yoga & More

**ANGIE COX BS,
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TX Lic. #MT109996**



SUPERIOR PERFORMANCE WELLNESS CENTER

Located At:
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Tulia, TX 79088

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Photos Courtesy of ABMP

Experience the Relaxing Superior Performance Difference

Superior Performance Wellness Center is all about feeling terrific, and we have something for everyone. Athletes, busy moms, business professionals, people suffering from chronic conditions, retirees, and more will all find opportunities to feel great and experience better health and wellness. Experience a relaxing massage, enjoy a therapeutic far-infrared sauna session, or take a gentle yoga class.

I am Angela (Angie) Cox. I have an MS degree in Health and Physical Education and a Texas Massage Therapy License. Superior Performance Wellness Center is the fulfillment of a life-long dream to create a peaceful, safe space in which to assist others in restoring and/or maintaining wellness.

Join me at SPWC and experience the benefits of superior wellness.



Gentle, Relaxing Massage

Contrary to what you may have heard, massage and bodywork does NOT need to hurt to be effective. There are many different types of massage, each with its own style and technique. Most have at least one common goal: To get the muscles and connective tissues to relax. I use gentle techniques that calm the body's stress response signaling both the brain and the muscles to release tension. You control the amount of pressure and the intensity of the massage. It is your massage, and you know your body better than anyone.

Far-Infrared Therapy

SPWC is proud to offer Far Infrared Sauna Therapy in the Sunlighten Sauna. Whether used as a stand-alone therapy or combined with a gentle massage, the health benefits are powerful. A Sunlighten Sauna session has been shown to support weight loss and detoxification, promote relaxation and skin purification, improve blood pressure and circulation, and contribute to pain relief through reduction of inflammation and soreness. The lower operating temperature and dry penetrating heat make

-infrared therapy significantly more effective than traditional steam saunas. At SPWC, you have the option of adding chromotherapy and SO-Sound Technology to your session.

Ask for details.



Easy Yoga

The popularity of yoga has increased dramatically in recent years as Westerners learn about the significant health benefits a regular yoga practice can produce. SPWC offers a variety of day and evening yoga classes focused on gentle stretching, breathing, relaxation, and core strength. Schedules vary weekly. Check the SPWC website for days and times.

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