

Massage and Body Therapies

30 minutes - \$38 • 60 minutes - \$65 • 90 minutes - \$90

Your massage will be customized according to your needs, which may incorporate one or more of the following techniques.

Swedish (Relaxation) Massage • This type of massage promotes general relaxation by relieving stress and tension through the use of long, gliding strokes, kneading and muscle stretching. Various lotions or oils are applied to the skin to facilitate the massage process.

Deep Tissue Massage • Specific muscles groups are targeted below the superficial layer in order to release pockets of restriction through the use of muscle stripping techniques and trigger point therapy. A minimal use of lubricants helps achieve better results by creating more friction.

Orthopedic/Sports Massage • Do you have chronic pain in an area of the body that has been diagnosed with a specific problem? Then this type of massage is for you. Using active isolated stretching along with specific massage techniques, this massage work will aid the healing process for quicker recovery and in some cases may avoid surgical procedures. Several sessions in a close period of time are required in order for the body to realize the full therapeutic effects.

Prenatal/Postpartum Massage • This gentle massage is a wonderful way to relax, increase your energy and relieve discomfort throughout your pregnancy and afterwards. During your pregnancy you will be comfortably supported with pillows or cushions. It is always a good idea to inform your doctor before receiving a prenatal/postpartum massage.

Baby's First Massage • Introduce your baby to the positive effects of massage within the first few weeks after birth. As a certified "*Baby's First Massage*" instructor I can teach a group or individual parents and caretakers how to use gentle strokes on their infant in order to aid with digestion, gas-relief and nervous system organization as the infant adjusts to a brand-new world. Make this massage an integral part of your daily routine and see how your infant thrives and actually looks forward to it. **GREAT SHOWER GIFT!**

In-home service (with primary caretakers).....\$65
Group rates..... upon request

Reflexology • Based upon the ancient art of self-healing, this unique massage focuses on the feet, the body's main sensory center. Begins with a warm, stimulating foot bath, followed by carefully applied pressure to specific areas of the feet. Stimulation of the life force within your body will leave you feeling mentally and physically energized!

Hot Stone Massage • Smooth, polished Basalt Lava Stones are heated and incorporated into the massage. Special oils are added to release the bottled up tension and stress in your muscles. Feel them melt into a deep relaxed state. Great any time of the year, but especially on those chilly, winter days!
approx. 90 minutes\$95

Medical Massage • Specialized massage, as dictated by a doctor's prescription.
.....Rates provided upon request

*"In -Your -Home" sessions available upon request (min: 60 minutes).
Please add \$30 within New Castle County.
All other locations - call for rates.*

Cranial Sacral Therapy • The Cranial Sacral System consists of the membranes and fluid that surrounds and protects the brain and spinal cord, as well as the attached bones - including the skull (cranium) and the tailbone area (sacrum). Through light touch and special holding of specific areas of the body the therapist releases restrictions that inhibit the body's normal self-correcting tendencies. This is an excellent technique for chronic pain and headaches.

Chair Massage • This clothed, seated massage is performed on a special fully adjustable chair. Back, shoulders, arms and head are treated to a 15 or 30 minute 'chunk of relaxation' at your workplace or home "Spa Party." This is just the break you need to keep your mind on track for the rest of the workday or evening.
.....Call for details & rates

Dry Brushing • Exfoliates dead skin cells and improves blood and lymph circulation. Can be **added** before any massage treatment. This technique feels wonderful, invigorating and relaxing at the same time.
.....\$10

Indian Head Massage • **Add** this stimulating head, neck and shoulder massage prior to any of the above therapies. The goal is to clear energy channels that cause a build-up of negative energies that are purported to cause ailments.
.....\$10

Paraffin Hand/Foot Dip • Feel the warmth of paraffin wax enveloping your skin while it seals in the moisture, leaving it feeling silky smooth afterwards. Also, great for arthritic conditions!
Hands or Feet\$15
Hands and Feet.....\$25

Body Treatments

\$85 each

(includes scalp massage with moist facial wrap)

Herbology Body Wrap • This treatment uses Chinese extracts to help smooth and retexturize skin. The herbs encourage, assist and enhance the body's own natural processes and improve its physiological functioning. Includes a mild exfoliating treatment that leaves your skin feeling silky smooth.

Aromatherapy Body Wrap • This technique induces relaxation and calms and relaxes the body with aromatherapy, a healing art with powerful effects on both mind and body. After dry brushing, essential oils are applied, which can be relaxing, antiseptic, antibacterial, and most of all balancing.

Herbal Linen Wrap • An herbal hydrotherapy treatment designed to rid the body of impurities, relieve muscular tension, and help alleviate aches and pain. After dry brushing you will be wrapped in steamed herbal linens to invoke a state of deep relaxation.



Licensed and Insured Massage Therapist
Delaware State Business & Massage License

Certifications:

National Certification Board for Therapeutic
Massage and Bodywork
Baby's First Massage Instructor
Pre-Natal & Post-Partum Massage
Orthopedic Massage

Association Membership:

American Massage Therapy Association
Women's Business Network

Shirl L. Lord, LMT
Owner

After 26 years of working in the corporate world, I decided that I was ready for a change. I needed something that would give me a chance to touch people's lives in a more personal way. I realized that making someone feel good gave me great satisfaction. Therefore, after much soul-searching, I embarked on a career in massage therapy.

I successfully completed an initial 600-hour program at the Delaware School of Shiatsu and Massage Therapy. Shortly afterwards I passed the National Certification Board Exam and became a fully licensed massage therapist in the state of Delaware. In June 2002, I opened my full-time private practice, *Body|Mind & Spirit Massage Therapy*. Annually, I increase my knowledge through various education courses so that I can provide my clients with the most up-to-date therapies.

In addition to my private clients, I have provided services to several corporations, including Dupont, UPS Supply Chain, W.L.Gore, Schumacher and Avon. I also enjoy giving back to the community by volunteering for the American Heart Walk, Easter Seals Volleyball Challenge and the Trailspinners Fair Hill Classic. Please contact me if you would like me to visit your workplace or volunteer event.

Most of all I attribute the success of my practice to one mantra I always follow,

“The most important person is the person under my hands.”

Shirl



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Services & Price Schedule

Gift Certificates • Birthday Discounts • Referral Discounts



Auto Injury & Workman's Compensation Cases Accepted



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“A Massage is a Way to Guarantee a Great Day!”