

Massage and Body Therapies

30 minutes - \$40 • 60 minutes - \$75 • 90 minutes - \$100

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.

Myofascial Release • This hands-on technique seeks to free the body from the grip of tight fascia, or connective tissue, thus restoring normal alignment and function and reducing pain. Using their hands, therapists apply mild, sustained pressure to gently stretch and soften the fascia. Myofascial release is used to treat neck and back pain, headaches, recurring sports injuries and scoliosis, among other conditions.

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!

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.

Lomi Lomi • This Hawaiian based technique involves the primary use of the forearm, which creates a wave-like effect on the body creating a soothing, relaxing feeling.

Massage Cupping™ • This therapy involves the use of special cups designed to create a suction and negative pressure on specific parts of the body. It is used to soften tight muscles and tone attachments, loosen adhesions, lift connective tissue, bring hydration and blood flow to body tissues, and drain excess fluids and toxins by opening lymphatic pathways. Spot work can be included in your regular massage. Additional cupping services are available.

Oncology Massage • Special training for this type of massage enables the therapist to be aware of specific contraindications that may exist due to chemotherapy and other types of cancer treatments. Special positioning, pressure and direction of massage strokes may be used, as dictated on an individual basis.

Migraine Miracle® • This method incorporates cold stone therapy, proprietary essential oil blends and pressure point massage. It provides a renewed sense of balance and harmony along with dramatic relief from migraine headaches without the use of prescription drugs.....\$75

Raindrop Technique® • Young Living Therapeutic Grade Essential Oils are applied along the spine and feet. The oils used in Raindrop Technique® flush out toxins and kill dormant viruses and bacteria along the spine, restoring health to the entire system. Raindrop Technique® enables you to restore balance and normal function to weak body systems, and promotes harmony of the whole person: physically, mentally and emotionally.\$100

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.Add \$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.Add \$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

Bamboo Fusion • Warm bamboo sticks glide easily across the skin, reducing tension and encouraging the body and mind to feel regenerated and revitalized. This wonderful technique can be added into a standard massage session or used as a full body massage.....Add \$10

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).....\$80 (within 10 miles)
Group rates..... upon request**