

## SERVICES

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### Swedish Massage

A Swedish Massage is also known as the Western or classic style of massage. It is a scientific system of manipulations on the muscles and connective tissues of the body for the purpose of relaxation, rehabilitation or health maintenance. Swedish massage therapy is comprised of five basic strokes and their variations: effleurage, petrissage, friction, tapotement (or percussion) and vibration.

### Deep Tissue Massage

A Deep Tissue Massage is also called deep muscle therapy or deep tissue therapy. It is a term for bodywork systems that work deeply into the muscles and connective tissue to release chronic aches and pains.

### Reflexology Massage

Reflexology is a form of bodywork based on the theory of zone therapy, in which specific spots of the body are pressed by the therapist to stimulate corresponding areas in other parts of the body. Foot reflexology, in which pressure techniques are applied only to the feet, is the most common form though hand reflexology can be equally as effective.

### Lymphatic Massage

A Lymphatic Massage is a technique developed in Germany for treatment of lymphedema, an accumulation of fluid that can occur after lymph nodes are removed during surgery, most often a mastectomy for breast cancer. Lymphedema can also be present at birth or develop at puberty or during adulthood. Manual lymph drainage is a gentle method of promoting movement of lymph into and through the lymphatic vessels. It reduces edema, a condition in which the tissues of the body contain an excessive amount of fluid.



## **Craniosacral Massage**

Cranio refers to the cranium, which is the bony part of the head. Sacral refers to the bony bottom of the spine called the sacrum. In the 1900s Dr. William Sutherland, an osteopathic physician, discovered cranio movement. In the 1970s Dr. John Upledger, an osteopathic doctor, helped to further Sutherland's discovery as both an evaluative tool and a corrective one. Craniosacral therapy is a light touch manipulation of the head and bottom of the spine to restore optimal cerebrospinal fluid movement.

## **Pregnancy Massage**

A Pregnancy Massage is the massage of pregnant women (prenatal) and women after giving birth (postpartum). It address the special needs of pregnant women such as discomforts in the low back, feet and legs

## **Hot Stone Massage**

A Hot Stone Massage is a specialty massage where the therapist uses smooth, heated stones as an extension of their own hands, or by placing them on the body. The heat can be both deeply relaxing and help warm up tight muscles so the therapist can work more deeply.

## **Anxiety and Depression Relief Package**

Anxiety disorders are the most common mental illness, affecting over 40 million adults in the United States alone. The massage treatment directly helps the feelings anxiety and depression, targets the physical symptoms that occur due to the client's reaction to their anxiety and depression. Massage therapy can reduce the cortisol levels (a stress hormone) of the client that helps to decrease the stress symptoms like increased blood pressure, heart rate, and feelings of anxiety. The treatment also can affect neurotransmitters in the brain, increasing serotonin and dopamine levels that can help reduce depression and the related body pains. Your therapist will combine massage therapy, aromatherapy, relaxing sound therapy or guided meditation, and deep breathing techniques to customize an anxiety and depression relieving experience.



## **Aromatherapy**

Aromatherapy is the use of essential oils to promote healing and a feeling of well-being and relaxation in the patient. The essential oils are extracted from the parts of herbs and plants and contain all the healing properties of the plants themselves. There are several ways of applying the oils, including adding the oils to your bath, or inhaling them, but the most effective is through massage. Each essential oil has different healing properties and your therapist will work with you to find the most effective and enjoyable essential oil combinations for you.

## **Inversion Table Massage**

Unlike surgery, mechanical traction, and other invasive forms of treatment, using an inversion table is a gentle, passive way to target pain at the source and care for all weight-bearing joints. This progressive form of traction allows each joint to be decompressed by the same weight that compresses it while upright. Inverted decompression creates an ideal stretch that improves spinal health and targets back pain by helping to rehydrate discs, reduce nerve pressure, realign the spine and relax tense muscles.

## **Corporate Chair Massage**

Studies have shown that happy, healthy employees contribute to a company's success. Decreasing stress and increasing energy has positive effects that reverberate throughout the entire organization. Research indicates that a 15-minute chair massage results in decreased job stress, increased alertness and increased speed & accuracy on math computations. Contact us to schedule a stress-relieving experience for your workplace.