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## STYLES & TECHNIQUES CONT.

**Shiatsu Anma** is a Japanese style of massage based in Traditional Chinese Medicine (same philosophy as acupuncture), using kneading, stretches, mobilization and pointed thumb pressure to bring balance to the body's energetic pathways. *Shiatsu* treatments are designed with all aspects of the client's health in mind. *Shiatsu* is always a full body treatment and must be at least 60 min. long. Clients should come dressed in active wear and receive the massage fully clothed. **Therapist:** Sarah

**Swedish Massage** uses the traditional massage techniques of long, soothing, light to medium pressure strokes as well as vibration, cross-fiber friction and kneading of the muscles. This session is great for those with muscle stiffness and pain who appreciate relaxation and a less aggressive approach. **Therapists:** Carmela, Emily, Jenna, Mary, Neysa, Rachele, Rebekah, and Sarah.

**Thai Massage\*** uses stretches that correspond with yoga poses as well as acupressure to bring balance to the body's energetic pathways. It is both relaxing and energizing and can help relieve pain and improve flexibility. Clients should come dressed in active wear and receive the massage fully clothed. The classic routine is done on the floor and is 90 mins long. Some Thai stretches can be incorporated into table massage. \*\$20 additional fee. **Therapist:** Sarah

**Trigger Point Therapy** is a technique that is used to relieve chronic pain and muscle spasms. Trigger points are localized areas of hyper-irritability in the muscles. During a session direct pressure is applied to the trigger point to defuse the point and break the cycle of spasm and pain. **Therapists:** Carmela, Mary, Rachele, Rebekah, and Sarah.

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Having a massage is an excellent way to treat yourself to a gift of health.

Whether your goal is to simply unwind, or you wish to treat a more serious problem, our licensed therapists can work with you to achieve your goals.

### Now Offering Chair Massage!

10min: \$15, 15min: \$20, 20min: \$25

### Rates

30 minute: \$40

45 minute: \$60

60 minute: \$80

90 minute: \$120

120 minute: \$160

### Add Hot Stones or CBD Lotion

to any session: \$20

Add Aromatherapy: \$10



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*You deserve to feel your best.*

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# STYLES & TECHNIQUES



**Acupressure** is a style of meridian treatment and neuromuscular therapy. Pressure is applied to acu-points to promote healing and relaxation, and pain relief. You can receive this treatment fully dressed or as part of a traditional massage session. **Therapists:** *Jenna, Mary, and Sarah.*

**Assisted Stretching** is performed during a massage by the therapist to help relax tense muscles and to relieve spasms. **Therapists:** *Carmela, Emily, Jenna, Mary, Neysa, Rebekah, and Sarah.*

**Chakra Balancing** is based on the ancient Indian belief in a series of seven chakras, or energy centers. This promotes health and well-being by maximizing the flow of energy in the body. **Therapists:** *Carmela, Emily, and Rebekah*

**CranioSacral Therapy** is a technique used to balance the CranioSacral Rhythm (CSR). Using gentle compression, therapists help realign the skull bones and stretch the underlying myofascial membranes. This can clear up the discomforts of TMJ disorder, nasal congestion, and headaches. **Therapists:** *Carmela, Jenna, Mary*

**Deep Tissue Massage** uses the traditional *Swedish* strokes to soften and loosen the muscles before adding more deep and direct pressure. This massage should be firm but not painful. Be sure to communicate with your therapist if you experience any discomfort. **Therapists:** *Carmela, Emily, Jenna, Neysa, Rebekah, and Sarah.*

**Healing Touch** therapy is a gentle, non-invasive, and relaxing energy-based therapy. It involves the use of a very light touch, or near-body touch, of the therapists hands in order to clear, stimulate, and restore balance to the energy flowing through your body as well as the energy field surrounding it. **Therapist:** *Jenna and Rachelle*

**Hot Stone Massage\*** is a luxurious and relaxing massage combined with deep heat therapy. Heated stones are used to massage the body similar to a traditional massage. *Hot Stones* can be added to any massage session. Please communicate any discomfort to your therapist. **Therapists:** *Carmela, Jenna, Mary, Rebekah.*

**Lymphatic Drainage Massage** is a technique that uses a light pumping action over the lymph nodes to increase lymph flow whereby immune function is also increased. *Lymphatic Drainage* massage is excellent for anyone who has had lymph nodes removed or has edema. **Therapist:** *Carmela, Jenna, Neysa, and Rebekah.*

**Myofascial Release (MFR)** is a form of soft tissue therapy used to treat pain and restriction of motion through the release of myofascial tissues by the gentle and sustained pressing on and stretching of the tissue. Relaxes contracted muscles, increases circulation, lymphatic drainage, and stimulates the stretch reflex of muscles and overlying fascia. **Therapists:** *Carmela, Jenna, Mary, Rachelle, Rebekah.*

**Neuromuscular Therapy (NMT)** uses static pressure applied to the skin with the aim of stimulating specific areas of muscle. Often these areas of muscle are myofascial trigger points. NMT uses soft tissue manipulation techniques that balance the central nervous system with the structure of the musculoskeletal system. **Therapists:** *Mary.*

**Polarity Therapy** is an energy based healing system that works to balance the energy that flows between positive and negative poles. The therapist works with the aura and the body during a session. Balancing the energy can induce deep relaxation that leaves you feeling peaceful and renewed. **Therapists:** *Jenna, Mary, and Rachelle.*

**Prenatal Massage** helps to relieve the physical discomfort and emotional stress associated with pregnancy. The massage is generally performed in a side-lying position after the first trimester. Massage benefits both the mother-to-be and the baby. Be sure to communicate any complications you are having to your therapist to ensure that you receive the best care for yourself and your baby. **Therapists:** *Carmela, Emily, Jenna, Rachelle, Rebekah, and Sarah.*

**Quantum Touch** is an energy healing technique that works with the Life Force Energy, known as “chi” in Chinese to promote optimal wellness. **Therapist:** *Rebekah*

**Reiki** is an ancient hands on or off technique for channeling energy to promote healing. *Reiki* promotes balance and an overall sense of relaxation. **Therapists:** *Carmela, Emily, Jenna, Rachelle and Rebekah.*

**Reflexology** is a style of therapeutic foot massage. Stimulation of specific reflex points (Various organs, nerves and glands are connected with certain “reflex buttons” on the feet) activate the movement of energy to corresponding parts of the body to clear out congestion and restore normal functioning. *Reflexology* releases tension and encourages better circulation of blood, lymph and energy. **Therapists:** *Carmela, Jenna, Mary.*

**Sports Massage** is a session that is specifically designed to help athletes achieve optimum performance levels. The session can be pre-event, post-event or general maintenance. **Therapists:** *Carmela, Emily, Jenna, Neysa, and Sarah.*