

# Massage

## Benefits (just some of them)

- Relaxes the body
- Calms the nervous system
- Lowers blood pressure and heart rate
- Loosens tight and aching muscles
- Stretches connective tissues
- Reduces Chronic Pain
- Improves skin tone
- Increases blood and lymph circulation
- Speeds the removal of metabolic waste
- Stimulates the release of endorphins
- Relieves cramps and muscle spasms
- Increases flexibility and range of motion
- Speeds recovery from injuries and illness
- Improves posture
- Reduces headaches
- Increases tissue metabolism
- Reduces mental stress and anxiety
- Promotes better sleep
- Induces mental relaxation
- Improves concentration
- Provides a feeling of well being

## Relaxation

1 hour/60

90minutes/90

An integral part of health maintenance, relaxation massage aims to increase circulation and lymphatic flow, encourage relaxation and release muscle tension and discomfort.

Based mostly on Swedish technique, the therapist uses long soothing strokes, gentle kneading, rocking, and percussion, to help the mind relax and the body find balance. Pressure in a relaxation massage can vary from light to very deep; tell your therapist your preference.

## Hot Stone

90minutes/90

This ancient Native American treatment uses heated, smooth basalt river rocks to dissolve muscle tension and give an overall sense of relaxation and warmth. The stones are applied to the body using the traditional Swedish massage movements to improve circulation, release toxins, and alleviate stress and pain. The heat from the stones helps your muscles relax, allowing the massage therapist to manipulate your deep tissues more effectively. Hot stone massage has been known to treat muscular aches and pains, as well as insomnia and anxiety.

## Prenatal

1 hour/70

90minute/100

Prenatal massage benefits not only the mother-to-be, but also her unborn child. Pregnancy is a phase of great physical and emotional change. The peaceful atmosphere of the massage treatment room provides a safe and quiet place where an expectant mother can connect with her changing body and growing baby..

One major change in pregnancy is a shift in posture accommodating the weight of the growing fetus. This shift may cause shoulder pain, backache, or sciatica. Many women also experience headaches, leg cramps and muscular discomfort. Additional benefits of prenatal massage include relaxation, increased circulation, and improved digestion. Massage therapy is a wonderfully soothing and natural treatment to address this wide range of symptoms.

## Aromatherapy

1 hour/70

90minutes/90

Aromatherapy is more than pleasing scents. In fact, true aromatherapy refers to the therapeutic use of pure essential oils, the life-force of a plant responsible for its scent. Aromatherapy can be used to address both physical and emotional ills.

## Therapeutic

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All massage is therapeutic by nature. However the term "therapeutic" is sometimes used to distinguish specific modalities as opposed to just "relaxation". This distinction is sometimes made by using the term "medical massage". All of these therapies require the practicing massage therapist to study these advanced, pass certification test, and to participate in continuing education to stay current on techniques.

Therapeutic massage addresses very specific problems that have been diagnosed by a doctor, physician's assistant, or nurse practitioner. The techniques used for therapeutic massage are very specific and are usually localized to the area of dysfunction and surrounding tissues and structures. The therapist will treat only the areas specified by the doctor, and will do so utilizing the most effective and highly specific techniques to address the diagnosed problem. Massage therapists cannot diagnose illness or medical conditions.