

Massage Therapy

DEEP TISSUE

Release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas, either following or going across the grains of muscles, tendons, and fascia. Focusing on the deeper layer of muscle tissue.

FASCIAL ACUPRESSURE

Many meridians and reflex zones run through the face. Fascial acupressure targets specific point remedies that reduces pain due to TMJ, headaches, and eye strain from computer fatigue.

FASCIAL

Stimulating pressure points on the face, neck, and shoulders. Promoting healthy skin while relaxing facial muscles.

PRENATAL MASSAGE

Assist psychological, emotional, and physical changes that incur during the 9 months of pregnancy for mothers-to-be. It relaxes and tones muscles, improves skin tone and circulation, stimulates the Lymphatic System, and prepares the body for child birth.

REFLEXOLOGY

Massage based around a system of reflex points in the hands and feet that correspond to all areas of the body.

MUSCLE MANIPULATION

Massaging/manipulating soft tissues and muscles to dissipate pain and increase range of motion.

MYOFASCIAL

Manipulating and stretching to eliminate stiffness and pain in the body. Specifically targeting myofascial tissues.

SPORTS MASSAGE

Massage focusing on muscle systems relevant to a particular sport.

SWEDISH MASSAGE

A system of long strokes, kneading and friction techniques on the more superficial layer of the muscles, combined with active and passive movements of the joints.

TRIGGER POINT THERAPY

Applies concentrated finger pressure to "trigger" points (painful irritated areas in muscles) to break cycles of spasms and pain.

THERAPEUTIC

Mobilization of soft tissue to restore normal systemic and biomechanical functional use. (Muscle, fascia, and body fluid)

THAI

A traditional combination of compression, acupressure, and passive stretching. These can increase the range of motion in joints and muscles, as well as improve posture.

SOFT TOUCH

Fingertip touch and gentle pinching to stimulate energy points, improve circulation and natural flow of energy.

MASSAGE RATES

- \$30 • 30 Minutes
- \$45 • 60 Minutes
- \$60 • 75 Minutes
- \$75 • 90 Minutes
- \$90 • 120 Minutes

