

Massage Therapy Descriptions

Swedish Relaxation: stimulates circulation and the lymphatic system while providing an overall relaxing and stress relieving experience. Includes long gliding strokes, kneading, friction, tapping, and shaking motions. It is effective for most ailments due to a chain reaction that occurs producing a positive effect on all layers and systems of the body.

Deep Tissue/Therapeutic: this type of massage is designed to reach the deeper portions of thick muscles, specifically the individual muscle fibers. Uses deep muscle compression and friction along the length of the muscle to restore proper function; this technique is especially useful to release toxins and deeply held patterns of tension.

Ayurvedic based massage: utilizes the foundation of basic massage techniques but are designed to recognize and work with the body's dosha (a specific combination of the five elements). The variation in massage is felt in the amount of pressure applied and the choice of medium used to perform the massage. Traditional Ayurveda is not only a medical system but also a philosophy for creating harmony and balance in life. Elements of Ayurveda include positive life choices, general detoxification, gentle exercise, relaxation and enhanced spiritual awareness.

Reflexology: massage of the hands/feet to balance the body through stimulating specific points that correspond to body regions, organs, and other targeted tissues. Based on ancient oriental theory of the body meridians and related zones, each zone or part of the body has a corresponding reflex point in the feet, stimulating that reflex point stimulates the natural energy of the related organ.

Lymphatic Drainage Massage: works to keep the environment around the cells healthy and stimulate the immune system. This type of massage involves light movements in the direction of lymph flow. The lymphatic massage process releases toxins and other waste products that have been held in the body tissues or lymph vessels. Almost any condition can be helped in some way.

Craniosacral based therapy: Craniosacral Therapy is a non-intrusive gentle mobilization of the skull and spinal system. There is a rhythmical motion in the craniosacral system created by the rise and fall of cerebrospinal fluid. Restriction of the rhythmical motion may contribute to illness.

Tui Na: applies pressure to the Meridians and specific points on them, affecting the Qi so that it moves freely and evenly. The distribution of Qi within your body has profound effects on all aspects of your well being (physical, mental, emotional, and spiritual). For this type of bodywork, please wear loose clothing to allow ease of movement.

Reiki: a Japanese technique for stress reduction and relaxation that also promotes healing. Reiki energy flows from the practitioner's hands into the client increasing the client's vibration with positive energy. The client is usually laying on a table but could be seated or standing; the client remains fully clothed during this session.

Table Tai: this therapy uses "pressing" to work energy lines called Sen Lines. It is a combination of treating acupressure points and Yoga stretches. Both the client and practitioner need to wear loose or flexible clothing to allow freedom of movement.

Therapists will be able to incorporate elements of the following techniques into your session.

Positional Release Therapy: this technique can be used as a separate therapy or in conjunction with other techniques. By placing the client in the position of greatest comfort and applying

compression through the affected area, the practitioner is able to release muscular and myofascial restrictions involved in injuries and chronic conditions. This treatment is ideal for clients who need deeper work but have found some therapies to be too painful. *If you would like to receive PRT as a full therapy please wear loose clothing for your session.*

Myofascial Release: works with the fascia that surrounds essentially every structure within the body. Tension or trauma in one part of the body can affect another part. By systematically releasing the restrictions within the body, the client experiences a new freedom of movement that has long been forgotten. This technique can also be provided as a full therapy or integrate aspects into your regular massage.

Trigger Point Therapy: this therapy involves techniques to release “knots” in the body (Trigger Points); the therapist typically applies compression to the Trigger Point and may follow the release with techniques to stimulate circulation and ending with lengthening/stretching of the muscle. Good for myofascial dysfunction.

Acupressure: specific pinpoint compression over acupuncture points.

Nerve Mobilization: therapists are trained to locate and release nerve impingement sites