

Massage and Bodywork Descriptions

Customized Therapeutic Massage: The massage is tailored to the client's individual needs and includes elements of Swedish, relaxation, athletic, deep tissue and shiatsu massage. You no longer have to worry about which massage to pick and you save money by paying one low price for a high end treatment. Massage techniques used incorporate long-flowing strokes to ensure complete relaxation and improve circulation. If you are experiencing chronic pain areas, techniques are used to access the deeper layers of muscle and fascia. If you are athletic, techniques can be used to cater to your specific needs to increase flexibility and correct muscle imbalances. Stretching and range of motion can be used to reduce injuries and increase joint mobility. Whether you wish to unwind, relieve stress or address health concerns, you can do it all with a customized 30, 60 or 90 minute massage.

Body Brushing: This energizing technique sweeps away dead skin cells and stimulates circulation. Dry body brushing helps eliminate toxins, reduce the look of cellulite and aid in moisture retention of the skin. I recommend doing this prior to a massage or body wrap session.

Paraffin Hands: This is the ultimate skin softening treatment bringing you fast and effective heat therapy for blissful, soothing relief from arthritis, bursitis, tendonitis and strains. Five coats of warm paraffin are applied to each hand. Hands are then wrapped in plastic to seal in the heat and covered in warming mittens for ten-15 minutes to let the heat penetrate. Soothing relief for aches and pains, especially beneficial for arthritis sufferers.

Prenatal Massage: The overall goal of pregnancy massage is to help minimize stress, promote relaxation, and prepare the muscles for child birth. There are specific techniques and movements used which are designed to help relieve particular conditions, including: low back pain, swelling of the hands and feet, headaches, calf cramps, insomnia, sciatic pain and sinus congestion. More oxygen and nutrients will be available to the tissue after a massage. This enhanced blood flow will also remove metabolic waste products that have built up in the muscles. It is suggested that you receive a massage once a month during the first trimester, once a week during the second trimester and twice a week during the third.

Hand, Foot and Neck Massage: This is a great option for clients who want to experience the relaxing benefits of massage without disrobing. This session targets the reflex points of the hands and feet which send waves of relaxation throughout the whole body. This also includes a Swedish and trigger point massage of the neck which is where most clients hold their stress.

Spa Trio: Experience a variety of treatments at a great price. This treatment incorporates dry body brushing, an upper back and neck massage and a mini facial.

Mint Rejuvenator: This energizing lower leg treatment begins with a stimulating brushing of the feet, followed by a cooling massage of the foot and calf muscles with peppermint oil and lotion. Great for athletes, runners, skateboarders or women who wear heels a lot.

Thermal Stone Massage: In this treatment, the heat of the Basalt stones brings blood to an area while the cool marble stones reduce blood flow to another area. This is very therapeutic and creates a pumping action helping the congested muscle release more toxins and loosen up. Restricted areas can be focused on to create a more individualized treatment.

Hot Stone Massage: The hot stone massage uses smooth, heated Basalt lava stones to gently massage and nurture the body. Stones are also placed on chakra points to increase energy flow throughout the body. The combination of the heat and pressure of the strokes allow your muscles to relax and release.

Detoxifying Seaweed Wrap: This is a full body seaweed application and wrap. Skin brushing stimulates the lymphatic system, and the seaweed and heated wrap allows for both detoxification and nourishment for the body. This treatment includes a foot and scalp massage and finishes with a hot shower and moisturizing lotion application. *Not recommended for those who are allergic to shellfish*

Deluxe Spa Facial: This purifying treatment includes your face being treated with a cleanser, toner, scrub and masque. All natural products for all skin types are used. Cooling organic cucumber slices are placed over the eyes to reduce puffiness while you receive an invigorating sugar foot scrub with hot towels. Facial acupressure points are used to stimulate collagen production and reduce the appearance of fine lines and wrinkles. A relaxing face, neck and arm massage with botanical serums to re-hydrate the skin completes this deep, gentle holistic treatment.

Chair Massage: Chair massage focuses on the high tension area of the neck, back, shoulder, arms and hands.

Feet, Neck and Back Massage: Perfect for people who want to escape after a stressful day at work. This soothing session begins with a 20 minute foot rub including reflexology and progresses to a relaxing 10 minute neck massage. This session finishes with a 30 minute back massage and will leave you feeling like you are floating on a cloud.

Aromatherapy: Essential oils are anointed on the energy centers and pathways of the body. The essential oils are specifically formulated to relieve stress and adrenal fatigue. Choose one or 2 oils to reduce specific symptoms or enhance the relaxation experience. Popular choices are: lavender (relaxant, anti-depressant) which works well when blended with bergamot or orange, and peppermint (headache reliever, stomach soother) and works well blended with eucalyptus or marjoram. Aromatherapy works through the limbic system and small amounts of the oils get absorbed through the bloodstream enhancing the benefits.

Allergy and Headache Relief: This treatment incorporates Swedish massage, manual lymphatic drainage, cranial-sacral release, facial acupressure, aromatherapy and cool marble stones. The techniques aid in reducing congestion and inflammation in the head, neck, sinuses and glands surrounding the throat.

Salt or Sugar Scrub: This is a wonderful addition to any massage. The brown sugar scrub is a mild exfoliant and the sea salt is a more course product. Warm water and the scrub product of choice are used on your back, arms, legs and feet. Hot towels are used to remove most of the product and you then take a warm shower to rinse off. Your skin will be glowing and free from dead skin cells.

Corporate Chair Massage: Our chair massage program is based on a proven process that can effectively improve the status of your workforce. Unhealthy employees spend more on both health care services and medication because 70% of illnesses are lifestyle related. Stress and unhealthy employees increase costs in the workplace with the average amount ranging from \$450-\$2500 per year. Employees who maintain a lower stress level can reduce their medical costs by over \$2000 in a calendar year. Studies have shown that massage therapy decreases stress levels and at the same time increases immune function. It also reduces injury recovery time from work related strains and sprains. We offer 15, 20 and 30 minute chair massage sessions in office settings and at health fairs.

Couples Massage: Two people are massaged in the same room, at the same time by two different massage therapists. This is usually performed as an on-site massage at the couples

home or at a bed and breakfast. This can be a romantically involved couple, but girlfriends, and mothers and daughters sometimes like to spend their treatment time together. A wonderful anniversary gift! _

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