

## Massage Therapy Options

### Swedish Massage

Wonderful for relaxation, circulation and over all cleansing. All hand motions used during a Swedish massage are gliding, sweeping and light to medium pressure. Great when used with deep breathing and guided imagery. Clothing is removed and oil used. Perfect for beginners massage.

### Deep Tissue

Aimed at specific muscle pain and specific areas, deep tissue offers pain relief and increased range of motion using stretching and medium to deep pressure. Fingers, elbows, palms and forearms are used during application. Clothing is removed and oil used. Controlled breathing a must. Not for beginners.

### Shiatsu

One of the most popular energy modalities, Shiatsu uses deep breathing combined with fingers and palms to apply light to medium pressure along the bodies meridians to increase flow of blood and energy. NO clothing is removed. Good for beginners.

### Aroma Therapy Massage

Using specifically targeted essential oils combined with Swedish Massage, aromatherapy provides the recipient an over all body treatment. Not only will the massage affect the body but given a certain mix of essential oils we can improve one's mood or outlook. An added positive is that scents established as peaceful or relaxing can be called upon in stressful situations and used as a valuable coping skill.

### Body Glow/ Scrub

A body treatment that shouts REJUVINATION!!!!!! Using a mixture of oil and salt/ sugar and essential oils a brisk very light massage is given to the entire body. Body glows provide increased circulation, cleansing and exfoliation. When the old dead skin is removed collagen is stimulated and the newly uncovered skin is soft. After the mixture is washed off in a hot shower the patient returns to the massage table and a light layer of lotion mixed with essential oils is applied to the skin and quickly absorbed. This treatment can also be targeted at the hands and feet/ calf muscles or the back.

### Lymphatic Drainage

Gentle massage targets specific lymph nodes and expresses toxins held within the superficial layers of the skin. This is the ultimate cleansing massage. As with all massage, the recipient must be well hydrated.

#### Foot Bath

By adding a few drops of essential oil and a scoop of sea salt we can provide patients with a calming starter for most treatments.

#### Cold Stone Facial

Using small cold stones, a light massage is applied to the face. It energizes and combats inflammation. This type of massage is great for sinus troubles and headaches.

#### Back Treatment

Ideal treatment for patients experiencing acne on their shoulders or backs. Different products are used to help clear the skin of impurities and dead skin cells. If you love having your back scratched this treatment is for you!

#### TMJ/ Jaw Massage

In many cases stress can manifest in clenching of the jaws or grinding teeth causing headaches, damaging teeth and affecting our ability to eat. By massaging the scalp, neck, shoulders and face we can relieve muscle tension and pain.

#### Scalp Massage

A wonderful way to achieve peace and relaxation scalp massage allows the opportunity to practice deep breathing, guided imagery and other relaxation techniques.