

Lauren Leistner, LMT

Lauren is a graduate of Miami Jacobs Career College in Dayton and is licensed by the State Medical Board of Ohio. Lauren is trained in anatomy and physiology of massage and received 600 hours of clinical massage training at Serenity (Dayton campus massage facility). She is trained in a variety of modalities including Swedish massage, hot stone massage, lava shell massage, body wraps, and sugar scrubs.

I believe that there has to be a BALANCE, a balance in life that is. Your Mind, Body, and Soul are all connected, if one is lacking so is the other. In life you experience all sorts of stress and one must learn to let go and take time to heal. My goal is to bring you back to balance or "homeostasis", by integrating a complete sense of peacefulness through healing touch and soothing heat. Helping you to heal brings me the utmost joy and fulfillment.

LAUREN LEISTNER, LMT.

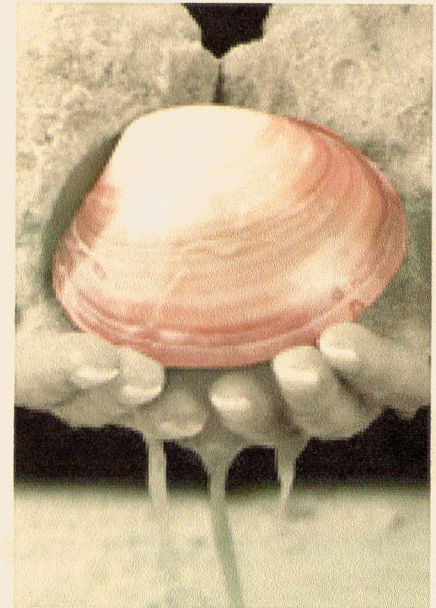
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Lava Shell Massage



Uniquely Divine

About Lava Shell Massage

Lava Shell Massage is very similar in modality to hot stone therapy.

Tiger Clam Shells are all natural tools. They generate self-sustaining warmth, creating the foundation for a long lasting deep heat that relaxes muscles and rejuvenates the mind.



These finely polished shells generate heat through contact with gels derived from sea kelp, dead sea salts and self heating natural minerals (Lava Gel) and retain heat for up to two hours, no electrical device needed.

History of Tiger Striped Clam Shells

Tiger Striped Clam Shells are from the South Pacific ocean. They spend their lives carefully filtering the nutrients they need from the sea water around them. Each Clam Shell is harvested and hand picked in the Philippine Islands, for size, shape, and structural integrity-with a narrow edge along the mouth for targeted deep work and a smooth rounded surface for even pressure and comfort in long strokes.



Benefits of Lava Shell Massage

Tiger Striped Clam Shells are made of calcium carbonate. Calcium carbonate is made of the same material that is found in bones and teeth. By heating the Lava Shells calcium ions are activated and transferred directly into the skin during the massage process. Calcium helps to regulate the skins natural renewal process, helping the skin to become firmer and healthier while reaping all of the benefits of massage therapy.

Benefits of Heat

Heat relaxes muscles and enhances circulation. Heat expands blood vessels which increases the flow of oxygen. With the blood vessels dilated healing nutrients along with oxygen are able to move quickly allowing circulation. The circulation speeds repair with an injury and or tender muscles and tissue. Heat massage also allows for a great sense of relaxation.