



Types or Methods of Massage

Therapeutic or Swedish Massage

Therapeutic massage is manual manipulation of the body's soft tissue for the purpose of stimulating circulation and promoting relaxation. Swedish massage uses five styles of long, flowing strokes to massage, including effleurage (light touch), petrissage (kneading), tapotement (rhythmic tapping), friction (compression) and vibration. It allows quiet time to focus on self, become more connected to the body, reducing stress and pain and boosting the immune system.

Acupressure

Acupressure is an ancient healing art that uses the fingers to press key points on the surface of the skin to stimulate the body's natural self-curative abilities. When these points are pressed, they release muscular tension and promote the circulation of blood and the body's life force (sometimes known as qi or chi) to aid healing.

Active Isolated Stretching (AIS)

Method of stretching that allows the body to repair itself, working with the body's natural physiological makeup to improve circulation and increase the elasticity of muscle, joints and fascia.

Amma (or Amna)

Traditional Japanese form of bodywork based on principals of Chinese medicine that include techniques of pressing, stroking, stretching, and percussive manipulations with the thumbs, fingers, arms, elbows, knees, and feet on acupressure points along energy meridians to promote relaxation. Amma utilizes no oils and can be done through clothing with the client either sitting or lying.

Aromatherapy

The use of essential oils (extracted from herbs, flowers, resin, woods, and roots) in body and skin care treatments is known as aromatherapy. Used as a healing technique for thousands of years, due to their antibacterial, antifungal, antiviral and anti-inflammatory properties, essential oils aid in relaxation, improve circulation, and help the healing of wounds.

Craniosacral Therapy

Craniosacral therapy is a gentle, noninvasive method of evaluating and enhancing the function of the craniosacral system. The practitioner uses a light touch to assist the natural movement of fluid within the craniosacral system, assessing for and removing restrictions. This therapy encourages the body's natural healing mechanisms to improve the functioning of the central nervous system, dissipate the negative effects of stress, and enhance health and resistance to disease.

Deep Tissue

Deep tissue massage is a technique that focuses on the deeper layers of muscle tissue, physically breaking down and eliminating adhesions or scar tissue to relieve pain and restore normal movement. The therapist releases chronic muscle tension through slow strokes and more direct deep pressure or friction applied across the grain of the muscle.



Healing Touch

An energy-based therapeutic approach to healing, utilizing touch to influence the energy system, thus affecting physical, emotional, mental, and spiritual health. The goal of Healing Touch is to restore harmony and balance in the energy system, supporting the client's own self-healing ability.

Infant Massage

Infant massage is a holistic and natural way to promote infant health, improve parenting skills, and deepen bonding. The therapist works with the parents to provide nurturing touch, massage and reflexology in a loving, fun, one-on-one interaction that offers nourishment for baby's healthy development of mind, body and spirit.

Myofascial Release

Myofascial release is the three-dimensional application of sustained pressure and movement into the fascial system in order to eliminate fascial restrictions. Myofascial release is an effective therapeutic approach in the relief of cervical pain, back pain, fibromyalgia, scoliosis, neurological dysfunction, restriction of motion, chronic pain, and headaches.

Myofascial Trigger Point Therapy

Trigger point therapy is a bodywork technique that involves the applying of pressure to tender muscle tissue in order to relieve pain and dysfunction in other parts of the body.

Myoneural Therapy

Myoneural Therapy works intricately and deeply using localized, muscle specific manipulation to release nerves or vessels that can become pinched or trapped by tight muscles.

Massage Cupping

Massage cupping is the combination of massage movements and negative pressure with the use of a suction device on the skin. The produced vacuum creates a suction effect that increases blood and lymphatic circulation systemically and to the local area, relaxes muscle tissue, draws stagnation, pathogenic factors and toxins out of the body.

Oncology Massage

Oncology massage refers to massage tailored to the needs of individuals with cancer. This specialized practice requires therapists to be fully educated in and pay close attention to the physical, emotional, and psychological needs of clients in all stages of cancer. Please check with your physician prior to setting up an appointment.

Pregnancy Massage

Comfortably supported with pillows or body cushions, massage during pregnancy can provide relaxation, relieve pain, increase flexibility, ease intestinal discomfort, reduce fluid retention and enhance circulation. Please check with your physician prior to setting up an appointment.



Quantum Touch®

This hands-on healing method offers spontaneous adjusting of proper alignment of the body. Principles behind Quantum-Touch involve resonance, intention, attention, breath, and innate body intelligence. Using various breathing techniques and meditations, a light touch is applied to activate the body's own healing process.

Raindrop Therapy (Young Living Essential Oils)

Oils (primarily thyme, oregano, birch, cypress, peppermint, and basil) are dispensed like little drops of rain from a height of about six inches above the back and massaged along the vertebrae. Raindrop technique is a noninvasive tool for helping to correct defects in the curvature of the spine caused by viruses and bacteria that lie dormant there. Antimicrobial essential oils are used to reduce inflammation by killing the viral agents, thus bringing the body into structural and electrical alignment.

Reflexology

Based on an ancient Chinese therapy, reflexology involves manipulation of specific reflex areas in the foot, hands, and ears that correspond to other parts of the body. Similar to acupuncture principles, reflexology works with the body's energy flow to stimulate self-healing and maintain balance in physical function reducing pain, increasing relaxation, and stimulating circulation of blood and lymphatic fluids.

Reiki

Reiki healing is a hands-on energy healing art where the practitioner accesses and serves as a channel for the life force (ki or chi), placing their hands in different positions on or just above the client's body in order to activate healing energy. Reiki treats the whole person including body, emotions, mind and spirit and creates many beneficial effects including relaxation and feelings of peace, security and well-being.

Shiatsu

Shiatsu is a Japanese form of body work with the word meaning "finger pressure". Based on the holistic system of traditional Chinese medicine where illness is thought to result from imbalances in the natural flow of energy or qi through the body. The therapist uses finger and palm pressure to energetic pathways, called meridians to improve the flow of qi.

Sports Massage

There are four types of sports massage designed to enhance athletic performance and recovery (pre-event, post-event, restorative and rehabilitative). Three main techniques utilized by the therapist include effleurage, petrissage and friction to relieve muscle tension and restore balance to the musculo-skeletal system. When an athlete sustains an injury, skillful massage therapy can often speed and improve the quality of healing, reducing pain, spasms and tension.

Stone Therapy

The massage therapist utilizes heated river stones to elicit physical healing, mental relaxation and a spiritual connection to earth energy. The stones are used as extensions of the therapist's hands, thus size and shape will vary to meet the needs of a session that may include trigger point work, Swedish strokes and energy work, among other modalities.



Thai Massage

Through deep muscle stretching, joint release and emphasis on the breath, thai massage offers benefits such as increased flexibility, inner organ massage, improved oxygenation of the blood, and quieting of the mind. Except for the feet, the client remains fully clothed.