

Massage Therapy Offerings

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 to aid healing.

Cranial Sacral Therapy

Cranial Sacral therapy is a gentle method of enhancing the functioning of virtually all systems in the body. Light pressure is applied to the numerous cranial bones, the sacrum, and to other areas of the body to balance the flow of cranial sacral fluid. When the cranial sacral fluid in the meningeal system gets blocked, the cranial sacral pulse can be identified and the motion "listened to" as adjustments are made.

Deep Tissue/Therapeutic

Techniques that utilize deep-tissue/deep-muscle massage are administered to affect the sub-layer of musculature and fascia. These techniques require advanced training and a thorough understanding of anatomy and physiology. The muscles must be relaxed in order to effectively perform deep-tissue massage, otherwise tight surface muscles prevent the practitioner from reaching deeper musculature. It helps with chronic muscular pain and injury rehabilitation and reduces inflammation-related pain caused by arthritis and tendinitis. It is generally integrated with other massage techniques.

Hot Stone

Stones of all shapes and sizes and varying temperatures, ranging from zero to 130 degrees, are used during Heated Stone massage therapy to enable physical healing and mental relaxation. Warm stones encourage the exchange of blood and lymph and provide soothing heat for deep-tissue work.

Myofascial

Myofascial release is an application of sustained pressure and movement into the fascial system in order to eliminate fascial restrictions and facilitate the emergence of emotional patterns and postural patterns. Upon locating an area of fascial tension, gentle pressure is applied in the direction of the restriction. 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.

Neuromuscular Release Therapy

Neuromuscular Release therapy consists of alternating levels of concentrated pressure on the areas of pain and muscle spasm. During the massage, the pressure is applied with the fingers, knuckles, or elbow. Neuromuscular release restores blood and oxygen to the muscle to the affected area and allows the muscle to function without pain. This type of massage is great treatment either as preventive maintenance or for chronic pain, sciatica, rotator cuff dysfunction, carpal tunnel syndrome, lower back pain, migraines, and aids in the healing process of injured tissue. It may restore postural alignment, increases flexibility and relieve stress.

Prenatal/Pregnancy Massage

Many methods of massage and somatic therapies are both effective and safe prenatally and during labor and postpartum periods of women's pregnancies. Prenatally, specific techniques can reduce pregnancy discomforts and concerns and enhance the physiological and emotional well-being of both mother and fetus. Skilled, appropriate touch facilitates labor, shortening labor times and easing pain and anxiety. In the postpartum period, specialized techniques rebalance structure, physiology, and emotions of the new mother and may help her to bond with and care for her infant. Specialized, advanced training in the anatomy, physiology, complications, precautions, and contraindications helps to create a safe and effective massage for each client.

Qigong

Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. The word Qigong (Chi Kung) is made up of two Chinese words. Qi is pronounced "chee" and is usually translated to mean the life force or vital energy that flows through all things in the universe."

Sport

Sport massage uses techniques that are similar to Swedish and deep tissue, but are specially adapted to deal with the effects of athletic performance on the body and the needs of athletes regarding training, performing, and recovery from injury.

Swedish

One of the most commonly taught and well-known massage techniques, Swedish massage is a vigorous system of treatment designed to energize the body by stimulating circulation. Five basic strokes, all flowing toward the heart, are used to manipulate the soft tissues of the body.

Trigger point

Trigger point massage therapy is specifically designed to alleviate the source of the pain through cycles of isolated pressure and release. In this type of massage for trigger point therapy, the recipient actively participates through deep breathing as well as identifying the exact location and intensity of the discomfort.