

MASSAGE SERVICES

When done properly, a massage will improve blood circulation, release toxins from the body, and manipulate the muscles and underlying tissue. We offer five massage options:

Shiatsu massage is an Asian therapeutic technique that restores equilibrium between the mind, body and soul. Also known as Acupressure or Chi-op, Shiatsu is a finger-pressure massage that manipulates the 660 pressure points in the human body. Benefits include: deep muscle and tissue relaxation, increased flexibility, balanced Chi (energy flow), release of toxins from the body, increased mental and spiritual awareness, reduced blood pressure, and improved blood circulation. As part of the treatment, the therapist may “walk” or use the feet for deeper, penetrating massage.

Swedish massage, developed in Stockholm, is designed to relax the body by rubbing the muscles with long, gliding strokes in the direction of blood returning to the heart. Additional techniques used include circular pressure, firm kneading, percussion-like tapping, bending and stretching. Benefits include: increased level of oxygen in the blood, decreased level of toxins in the muscles, increased blood circulation without increased heart load, increased flexibility, and decreased tension.

Sports massage is used to relieve muscle tension and restore balance to the musculo-skeletal system for active individuals. The sports massage focuses on specific muscles to alleviate tension from overuse that can cause stress on joints, ligaments and tendons. Benefits include: reduced heart rate and blood pressure, increased blood circulation, enhanced performance, reduced muscle tension, increased flexibility, reduced recovery time and reduced risk of injury.

Hot Stone massage involves heated basalt stones, black volcanic stones that absorb and retain heat well; the therapist will employ the traditional strokes of Swedish massage while holding a stone. The heat of the stone helps to open up the meridians (pathways of Chi and blood flow through the body) and assists the therapist to perform deep-tissue massage easier. It is also possible that the therapist will leave stones on specific points of the body to improve the flow of energy within your body. Benefits include: deep muscle and tissue relaxation, release of toxins, improved circulation, and relief of arthritis symptoms.

Combination massage is a blend of Shiatsu and Swedish techniques.

Foot Reflexology is an excellent complement to our massage treatments. The premise behind reflexology is that areas on the foot can be manipulated to promote health and relieve stress in different parts of the body, including the organs. The benefits are numerous and include: relief of aches, pain and tension, improved sleep pattern, and increased mental and physical well-being.

*We offer specialized massage services for women who are pregnant to alleviate tension, fatigue and swelling. Post pregnancy massage services are also offered to reduce the appearance and formation of stretch marks and to help shape the body to its pre-pregnancy condition.