

Hands-on natural healing

treatments

Therapeutic healing

Types of Massage

Deep Tissue massage utilizes slow strokes, direct pressure or friction applied across the muscles using fingers, thumbs, or elbows. It works deeply into the muscles and connective tissue to release chronic aches and pains. Its purpose is to reach the fascia beneath the surface muscles.

Neuromuscular massage is used most often to relieve chronic pain and bring relief to painful, irritated areas in the muscles by application of concentrated pressure to specific "trigger points".

Pregnancy massage involves the use of special cushions to bring gentle relief from sore muscles in the lower back, legs, and feet. This massage is beneficial to both mother and baby.

Sports massage technique uses long, slow strokes and deep pressure to promote quick recovery of the muscles from over-use or injury.

Stone massage utilizes hot and cold smooth stones with massage oil and in conjunction with deep-tissue massage to provide relief from tight or sore muscles. The alternate use of these stones creates a hydrotherapy effect that also helps to revitalize the body and restore energy.

Swedish massage is generally regarded as the most common form of massage. It involves a combination of five basic strokes: light touch, kneading, rhythmic tapping, compression and vibration. It also concentrates on the muscles and connective tissues of the body for improved circulation, relaxation, pain relief, and overall health maintenance and well-being.



Ensure the well-being of your body

Types of Massage Therapies

Additional therapies used with a combination of the listed massage techniques include:

Breathing Instruction for pain management and increased well being.

Color Therapy or chromotherapy is a healing therapy that uses color and light to bring about a balance in one's being. Chromo means color and therapy is healing.

CranioSacral therapy is used for TMJ, headaches, and balancing the central nervous system.

Energy Integration therapy balances chakras and meridians (the body's electrical systems) to help the entire body.

Lymphatic Drainage is helpful for fibromyalgia, sinus drainage, swelling and bruising.

Matrix Energetics is a transformational healing technique that merges touch and intent. The intent affects changes that bring about healing for the recipient. Touch is used to identify areas on the body that need attention. Matrix Energetics is a tool that brings about shifts in the consciousness. It appears to be more about "clearing away" old ideas that block energy or "getting out of the way" and letting energy take its natural path.

Pranic Healing uses a no-touch natural healing system that utilizes prana or vital energy to cleanse and energize the human energy body, and to accelerate the natural healing power of the physical body.

Relieve Stress and Reduce Anxiety