



# Massage Menu

## SWEDISH

### *General wellbeing*

A basic full body massage that incorporates Swedish techniques to help relax the body and mind. Swedish massage relieves muscle soreness, and will help promote circulation, relaxation, stress reduction and general wellbeing. Special attention is paid to any areas of discomfort that may be of issue.

## THAI FOOT REFLEXOLOGY

### *Stress relief*

Involves the application of manual pressure to specific points or areas of the feet and lower legs, known as "reflex points" that are believed to correspond to other parts of the body. Helps to relieve stress and prevent/treat physical disorders.

## ASHIATSU FLOOR

### *Oriental bar therapy*

The root word 'ashi' means foot and 'atsu' means pressure, so together they symbolize 'foot pressure' in a technique that delivers a consistent, deep, luxurious massage. Correct application provides deep relaxation and stimulates the lymphatic system of the body.

## DEEP TISSUE

### *Therapeutic*

Releases the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas, either following or going across the grain of muscles, tendons, and fascia.

## THAI HERBAL

### *Energy and well being*

A unique combination and balance of therapeutic massage, essential oils, and herbal compresses promote well-being through increased energy flow. Specific massage techniques are used to work the sen energy line pathways enhancing blood circulation, relieving stress, and recharging positive energy. The heated, fragrant, herbal compresses applied to the skin release the pain and stiffness within the joints allowing you to feel rejuvenated and completely relaxed.

## NEUROMUSCULAR

### *Specialized therapy*

A specialized form of therapeutic deep tissue massage in which digital pressure and friction are used to release areas of strain in the muscle, which are called tender or trigger points and are the cause of the muscular pain symptoms.

## HOT STONE

### *Relaxing*

Stones of all shapes and sizes and varying temperatures are used to elicit physical healing, mental relaxation, and a spiritual connection to earth energy. Warm stones encourage the exchange of blood and lymph and provide soothing heat for deep tissue work.

## SWE-THAI

### *Increased mobility*

A combination of therapeutic massage and Thai stretching. Performed on the table using cream and moderate pressure. Addresses general neck and back disorders.

## THAI

### *Balancing*

Incorporates a traditional combination of point pressure, energy meridian work, and yoga-like stretching for an invigorating and balancing experience. No lotion is used and the client can remain fully dressed.

## PREGNANCY

### *Beyond pampering*

Improves circulation, reduces stress and fatigue, body aches, and helps to promote relaxation. Geared for women in their second and third trimesters, we ask that you speak with your health care provider before your first prenatal massage.

