

Massage Services

Swedish Relaxation Massage:

A slow, gentle, nurturing massage that relaxes the nervous system and reduces anxiety. Muscles relax as you begin to breathe deeper and sense a feeling of well being. A vigorous massage that increases circulation to the muscles as it loosens them. Deeply relaxing also.

Deep Tissue:

Specific areas of tension are focused on deep into the muscle fibers to reduce muscular tension, muscular knots and adhesions, increased circulation and reduced muscle pain are common results. Often helps to relieve back, shoulder and neck pain. Work with your therapists on the amount of pressure applied.

Sports Massage:

Before and after athletic events sports massage can increase endurance, reduce the risk of injury and speed recovery from muscle soreness. Sessions are designed specifically for the muscles used during a sporting event. For runners the muscles of the feet, legs, hips and low back are concentrated on.

Neuromuscular / Myofascial Therapy:

Most commonly used for chronic muscle pain and spasm, neuromuscular therapy is an advanced deep tissue technique used to isolate and address painful muscular problems providing rehabilitative relief. Beneficial for chronic pain and fibromyalgia. Myofascial release uses firm broad strokes to release bindings and adhesions in the fascia and connective tissue between the skin and muscle tissue. Promotes greater flexibility and range of motion. Often used to help relieve neck pain, back pain, and headaches.

Hot Stone Massage:

A deeply soothing and relaxing experience as heated stones are gently massaged into muscles to relieve stress and alleviate tension. The stones provide a deeply penetrating heat that encourages the muscles to relax.

Prenatal Massage:

Many pregnant women feel discomfort and added stress on their bodies during pregnancy. Pregnancy massage can reduce stress on the neck and back muscles caused by normal posture changes during pregnancy. Legs and feet are often sore and tired from temporary weight gain, which prenatal massage can help to relieve. Emotional support and physical nurturing enhance the well being of both mother and baby. I have a special pre-made pillow that you can lay on your tummy.

Trigger Point Therapy:

Trigger point therapy uses strong direct pressure on specific areas of dysfunctional and painful muscles to relieve pain and impairment. The therapist will hold a trigger point until the pain sensation begins to decrease. Some trigger points are localized and others refer symptoms to other muscles or areas.

Hot & Cold Therapy:

Hot packs wrapped in towels are available during every session at no additional charge. The packs are laid on the back and neck for 10 minutes. The moist penetrating heat softens and relaxes the muscles reducing pain and increasing circulation. The heat further enhances the outcome of the massage therapy session. Let your therapist know you would like the hot packs added to your session. Ice Therapy is available at no additional charge during sessions when muscles are in painful spasm. The ice therapy will reduce pain thus reducing spasm. Let your therapist know if you are interested in ice therapy.

Corporate On-Site:

Our therapists will come to your business with massage chairs for employee stress breaks or a party. Massage in the work place provides a relaxing stress relieving therapy with the focus on relieving tension in the back, neck, head, shoulders and arms. Our therapists continue to be asked back to area corporations and colleges for special events. We can provide one or several therapists for your event. Please contact us for corporate rates.

Chair Massage:

Chair massage is available for anyone who prefers not to undress for their session but needs massage to relieve sore muscles or relieve stress. The client sits fully clothed on a professional massage chair designed to allow the therapist maximum access to the neck, shoulders, arms and back. Ideal for the busy executive during the lunch break.

Cancellation Policy:

We require a 24 hour notice for any cancellations. For late cancellations we charge \$20.00 for a one hour and \$30.00 for a 1.5 hour cancellation.